



indiehot

Scheduled Class Timetable July 2024

- Hatha Yoga
- Hot Vinyasa Flow Yoga
- Hot 26 (Bikram Yoga)
- Vin2Yin Yoga
- Yoga Embodiment
- Power Flow Yoga
- Kundalini Yoga
- Ashtanga Yoga
- Yin Yoga
- Free Community Class

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Mich (70') 18h45 Kerry W (70') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 12h00 Catherine (70') 17h00 Kerry L (90') 18h45 Danette (75') 	<ul style="list-style-type: none"> 06h15 Themba (70') 09h00 Tammi (70') 17h00 Danette (70') 18h45 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 13h00 Anne (60') 17h00 Mich (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Tricia (70') 09h00 Kerry W (90') 	<ul style="list-style-type: none"> 07h00 Mich (90') 09h00 Kerry L (90') 10h45 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Hayley (90') 09h00 Catherine (70') 15h30 Janoah (90') 	
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Mich (70') 18h45 Kerry W (70') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 12h00 Catherine (70') 17h00 Kerry L (90') 18h45 Danette (75') 	<ul style="list-style-type: none"> 06h15 Themba (70') 09h00 Tammi (70') 17h00 Danette (70') 18h45 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 13h00 Rea (60') 17h00 Mich (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Tricia (70') 09h00 Kerry W (90') 	<ul style="list-style-type: none"> 07h00 Tricia (90') 09h00 Mandla (90') 10h45 Sean B (70') 	<ul style="list-style-type: none"> 07h00 Ute (90') 09h00 Mich (70') 15h30 Janoah (90') 	
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Mich (70') 18h45 Kerry W (70') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 12h30 Catherine (70') 17h00 Kerry L (90') 18h45 Danette (75') 	<ul style="list-style-type: none"> 06h15 Themba (70') 09h00 Tammi (70') 17h00 Danette (70') 18h45 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 13h00 Samantha (60') 17h00 Mich (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Tricia (70') 09h00 Kerry W (90') 	<ul style="list-style-type: none"> 07h00 Mich (90') 09h00 Kerry L (90') 10h45 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Hayley (90') 09h00 Cecile (70') 15h30 Janoah (90') 	
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Mich (70') 18h45 Kerry W (70') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 12h00 Catherine (70') 17h00 Kerry L (90') 18h45 Danette (75') 	<ul style="list-style-type: none"> 06h15 Themba (70') 09h00 Tammi (70') 17h00 Danette (70') 18h45 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 13h00 Ivan (60') 17h00 Mich (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Tricia (70') 09h00 Kerry W (90') 	<ul style="list-style-type: none"> 07h00 Tricia (90') 09h00 Mandla (90') 10h45 Sean B (70') 	<ul style="list-style-type: none"> 07h00 Ute (90') 09h00 Mich (70') 15h30 Janoah (90') 	
Monday 29	Tuesday 30	Wednesday 31	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>NB: Booking ESSENTIAL register online www.indiehot.co.za</p> </div>			<p>Please Note:</p> <p>Teachers and classes listed on this schedule are subject to change at short notice.</p>	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Mich (70') 18h45 Kerry W (70') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 12h00 Catherine (70') 17h00 Kerry L (90') 18h45 Danette (75') 	<ul style="list-style-type: none"> 06h15 Themba (70') 09h00 Tammi (70') 17h00 Danette (70') 18h45 Janoah (75') 					