



# indiehot

## Scheduled Class Timetable

### March 2025

- Hatha Yoga
- Hot Vinyasa Flow Yoga
- Hot 26 (Bikram Yoga)
- Vin2Yin Yoga
- Young Warriors - Kids
- Kundalini Yoga
- Power Flow Yoga
- Hot 84 (Bikram Yoga)
- Ashtanga Yoga
- Yin Yoga
- Free Community Class
- Align & Centre

**Please Note:**

Teachers and classes listed on this schedule are subject to change at short notice.

**NB: Booking ESSENTIAL**  
register online [www.indiehot.co.za](http://www.indiehot.co.za)

Monday 31						Saturday 1	Sunday 2
<ul style="list-style-type: none"> <li> 06h30 Mandla (90')</li> <li> 09h00 Mandla (70')</li> <li> </li> <li> 17h00 Refiloe (70')</li> <li> 18h30 Marian (75')</li> </ul>	<p><b>NB: Booking ESSENTIAL</b> register online <a href="http://www.indiehot.co.za">www.indiehot.co.za</a></p>					<ul style="list-style-type: none"> <li> 07h00 Pebetsi (90')</li> <li> 09h00 Kerry L (90')</li> <li> 10h45 Kerry L (70')</li> </ul>	<ul style="list-style-type: none"> <li> 07h15 Janoah (45')</li> <li> 09h00 Mich (70')</li> <li> 10h30 Renata (75')</li> <li> </li> <li> 15h30 Janoah (90')</li> </ul>
Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9	
<ul style="list-style-type: none"> <li> 06h30 Mandla (90')</li> <li> 09h00 Mandla (70')</li> <li> </li> <li> 17h00 Janoah (70')</li> <li> 18h30 Marian (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Nozi (60')</li> <li> 09h00 Pebetsi (70')</li> <li> </li> <li> 17h00 Kerry L (70')</li> <li> 18h30 Siobhan (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Janoah (70')</li> <li> 09h00 Tammi (70')</li> <li> </li> <li> 17h00 Nozi (70')</li> <li> 18h30 Janoah (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h30 Tammi (70')</li> <li> </li> <li> 13h00 Ivan (60')</li> <li> 17h00 Mich (70')</li> <li> 18h30 Danette (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Janoah (70')</li> <li> 09h00 Kerry W (90')</li> </ul>	<ul style="list-style-type: none"> <li> 07h00 Tricia (90')</li> <li> 09h00 Mandla (90')</li> <li> 10h45 Mandla (70')</li> </ul>	<ul style="list-style-type: none"> <li> 07h15 Janoah (45')</li> <li> 09h00 Janoah (70')</li> <li> 10h30 Renata (75')</li> <li> </li> <li> 15h30 Siobhan (90')</li> </ul>	
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16	
<ul style="list-style-type: none"> <li> 06h30 Mandla (90')</li> <li> 09h00 Mandla (70')</li> <li> </li> <li> 17h00 Refiloe (70')</li> <li> 18h30 Marian (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Nozi (60')</li> <li> 09h00 Pebetsi (70')</li> <li> </li> <li> 17h00 Kerry L (70')</li> <li> 18h30 Siobhan (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Janoah (70')</li> <li> 09h00 Tammi (70')</li> <li> </li> <li> 17h00 Nozi (70')</li> <li> 18h30 Janoah (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h30 Tammi (70')</li> <li> </li> <li> 13h00 Tristan (60')</li> <li> 17h00 Mich (70')</li> <li> 18h30 Danette (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Tricia (70')</li> <li> 09h00 Kerry L (90')</li> </ul>	<ul style="list-style-type: none"> <li> 07h00 Pebetsi (90')</li> <li> 09h00 Kerry L (90')</li> <li> 10h45 Tammi (70')</li> </ul>	<ul style="list-style-type: none"> <li> 09h00 Cecile (70')</li> <li> 10h30 Renata (75')</li> <li> </li> <li> 15h30 Janoah (90')</li> </ul>	
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23	
<ul style="list-style-type: none"> <li> 06h30 Mandla (90')</li> <li> 09h00 Mandla (70')</li> <li> </li> <li> 17h00 Refiloe (70')</li> <li> 18h30 Marian (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Nozi (60')</li> <li> 09h00 Pebetsi (70')</li> <li> </li> <li> 17h00 Kerry L (70')</li> <li> 18h30 Siobhan (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Janoah (70')</li> <li> 09h00 Tammi (70')</li> <li> </li> <li> 17h00 Nozi (70')</li> <li> 18h30 Janoah (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h30 Tammi (70')</li> <li> </li> <li> 13h00 Tatijana (60')</li> <li> 17h00 Mich (70')</li> <li> 18h30 Danette (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Pebetsi (70')</li> <li> 09h00 Kerry W (90')</li> </ul>	<ul style="list-style-type: none"> <li> 07h00 Janoah (90')</li> <li> 09h00 Mandla (90')</li> <li> 10h45 Mandla (70')</li> </ul>	<ul style="list-style-type: none"> <li> 07h15 Janoah (45')</li> <li> 09h00 Mich (70')</li> <li> 10h30 Renata (75')</li> <li> </li> <li> 15h30 Janoah (90')</li> </ul>	
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30	
<ul style="list-style-type: none"> <li> 06h30 Mandla (90')</li> <li> 09h00 Mandla (70')</li> <li> </li> <li> 17h00 Refiloe (70')</li> <li> 18h30 Marian (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Nozi (60')</li> <li> 09h00 Pebetsi (70')</li> <li> </li> <li> 17h00 Kerry L (70')</li> <li> 18h30 Siobhan (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Janoah (70')</li> <li> 09h00 Tammi (70')</li> <li> </li> <li> 17h00 Nozi (70')</li> <li> 18h30 Janoah (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h30 Tammi (70')</li> <li> </li> <li> 13h00 Krystal (60')</li> <li> 17h00 Mich (70')</li> <li> 18h30 Danette (75')</li> </ul>	<ul style="list-style-type: none"> <li> 06h15 Tricia (70')</li> <li> 09h00 Kerry L (90')</li> </ul>	<ul style="list-style-type: none"> <li> 07h00 Tricia (90')</li> <li> 09h00 Kerry L (90')</li> <li> 10h45 Tammi (70')</li> </ul>	<ul style="list-style-type: none"> <li> 07h15 Janoah (45')</li> <li> 09h00 Cecile (70')</li> <li> 10h30 Renata (75')</li> <li> </li> <li> 15h30 Janoah (90')</li> </ul>	