



indiehot

Scheduled Class Timetable May 2024

- ✎ Hatha Yoga
- Hot Vinyasa Flow Yoga
- Hot 26 (Bikram Yoga)
- ◆ Restorative Yoga
- Yoga Embodiment
- Power Flow Yoga
- ◀ Kundalini Yoga
- ▶ Ashtanga Yoga
- ◆ Yin2Yin Yoga
- ◆ Yin Yoga

NB: Booking ESSENTIAL
register online www.indiehot.co.za

		Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
		Workers Day	<ul style="list-style-type: none"> ✎ 06h30 Tammi (70') ● 17h00 Mich (70') ➤ 18h45 Mandla (75') 	<ul style="list-style-type: none"> ● 06h15 Pebetsi (70') ◆ 09h00 Kerry (90') 	<ul style="list-style-type: none"> ● 07h00 Pebetsi (90') ➤ 09h00 Mandla (90') ✎ 10h45 Sean B (70') 	<ul style="list-style-type: none"> ◀ 07h00 Ute (90') ● 09h00 Cecile (70') ◆ 15h30 Janoah (90')
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
<ul style="list-style-type: none"> ➤ 06h30 Mandla (90') ■ 09h00 Mandla (90') ● 17h00 Mich (90') ○ 18h45 Kerry W (70') 	<ul style="list-style-type: none"> ■ 06h15 Nozi (60') ● 09h00 Linea (90') ➤ 17h00 Kerry L (90') ◆ 18h45 Danette (75') 	<ul style="list-style-type: none"> ● 06h15 Linea (70') ✎ 09h00 Sean B (70') ➤ 17h00 Danette (90') ◆ 18h45 Janoah (75') 	<ul style="list-style-type: none"> ✎ 06h30 Sean B (70') ● 17h00 Mich (70') ➤ 18h45 Mandla (75') 	<ul style="list-style-type: none"> ● 06h15 Linea (70') ◆ 09h00 Sean B (90') 	<ul style="list-style-type: none"> ● 07h00 Catherine (90') ➤ 09h00 Tawana (90') ✎ 10h45 Sean B (70') 	<ul style="list-style-type: none"> ◀ 07h00 Hayley (90') ● 09h00 Mich (70') ◆ 15h30 Sean B (90')
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
<ul style="list-style-type: none"> ➤ 06h30 Mandla (90') ■ 09h00 Mandla (90') ● 17h00 Mich (90') ○ 18h45 Kerry W (70') 	<ul style="list-style-type: none"> ■ 06h15 Nozi (60') ● 09h00 Linea (90') ➤ 17h00 Kerry L (90') ◆ 18h45 Danette (75') 	<ul style="list-style-type: none"> ● 06h15 Linea (70') ✎ 09h00 Tammi (70') ➤ 17h00 Danette (90') ◆ 18h45 Janoah (75') 	<ul style="list-style-type: none"> ✎ 06h30 Tammi (70') ● 17h00 Mich (70') ➤ 18h45 Mandla (75') 	<ul style="list-style-type: none"> ● 06h15 Ross (70') ◆ 09h00 Kerry W (90') 	<ul style="list-style-type: none"> ● 07h00 Ross (90') ➤ 09h00 Mandla (90') ✎ 10h45 Tammi (70') 	<ul style="list-style-type: none"> ◀ 07h00 Ute (90') ● 09h00 Cecile (70') ◆ 15h30 Janoah (90')
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
<ul style="list-style-type: none"> ➤ 06h30 Mandla (90') ■ 09h00 Mandla (90') ● 17h00 Mich (90') ○ 18h45 Kerry W (70') 	<ul style="list-style-type: none"> ■ 06h15 Nozi (60') ● 09h00 Linea (90') ➤ 17h00 Kerry L (90') ◆ 18h45 Danette (75') 	<ul style="list-style-type: none"> ● 06h15 Linea (70') ✎ 09h00 Tammi (70') ➤ 17h00 Danette (90') ◆ 18h45 Janoah (75') 	<ul style="list-style-type: none"> ✎ 06h30 Tammi (70') ● 17h00 Mich (70') ➤ 18h45 Mandla (75') 	<ul style="list-style-type: none"> ● 06h15 Linea (70') ◆ 09h00 Kerry W (90') 	<ul style="list-style-type: none"> ● 07h00 Catherine (90') ➤ 09h00 Tawana (90') ✎ 10h45 Tammi (70') 	<ul style="list-style-type: none"> ◀ 07h00 Hayley (90') ● 09h00 Mich (70') ◆ 15h30 Sean B (90')
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	<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 (90') ○ 18h45 Kerry W (70') 	<ul style="list-style-type: none"> ■ 06h15 Nozi (60') ● 09h00 Linea (90') ➤ 17h00 Kerry L (90') ◆ 18h45 Danette (75') 	<ul style="list-style-type: none"> ● 06h15 Linea (70') ✎ 09h00 Tammi (70') ➤ 17h00 Danette (90') ◆ 18h45 Janoah (75') 	<ul style="list-style-type: none"> ✎ 06h30 Tammi (70') ● 17h00 Mich (70') ➤ 18h45 Mandla (75') 	<ul style="list-style-type: none"> ● 06h15 Ross (70') ◆ 09h00 Kerry W (90') 		