



Scheduled Class Timetable

May 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
- Slow-flow Vinyasa

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

Please Note:

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

Thursday	1	Friday	2	Saturday	3	Sunday	4						
Public Holiday													
	<ul style="list-style-type: none"> 08h00 Tammi (70') 17h00 Mich (70') 		<ul style="list-style-type: none"> 06h15 Pebetsi (70') 09h00 Kerry L (90') 		<ul style="list-style-type: none"> 07h00 Tricia (90') 09h00 Mandla (90') 10h45 Mandla (70') 		<ul style="list-style-type: none"> 07h15 Janoah (45') 09h00 Cecile (70') 10h30 Renata (75') 						
Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday	10	Sunday	11
	<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (70') 17h00 Janoah (70') 18h30 Marian (75') 		<ul style="list-style-type: none"> 06h15 Nozi (60') 09h00 Janoah (70') 17h00 Kerry L (70') 18h30 Siobhan (75') 		<ul style="list-style-type: none"> 06h15 Janoah (70') 09h00 Tammi (70') 17h00 Nozi (70') 18h30 Janoah (75') 		<ul style="list-style-type: none"> 06h30 Tammi (70') 13h00 TBA (60') 17h00 Mich (70') 18h30 Danette (75') 		<ul style="list-style-type: none"> 06h15 Tricia (70') 09h00 Kerry W (90') 		<ul style="list-style-type: none"> 07h00 Pebetsi (90') 09h00 Kerry L (90') 10h45 Tammi (70') 		<ul style="list-style-type: none"> 07h15 Janoah (45') 09h00 Cecile (70') 10h30 Renata (75') 15h30 Janoah (90')
Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	Saturday	17	Sunday	18
	<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (70') 17h00 Janoah (70') 18h30 Marian (75') 		<ul style="list-style-type: none"> 06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry L (70') 18h30 Siobhan (75') 		<ul style="list-style-type: none"> 06h15 Janoah (70') 09h00 Tammi (70') 17h00 Nozi (70') 18h30 Janoah (75') 		<ul style="list-style-type: none"> 06h30 Tammi (70') 13h00 TBA (60') 17h00 Mich (70') 18h30 Danette (75') 		<ul style="list-style-type: none"> 06h15 Pebetsi (70') 09h00 Kerry L (90') 		<ul style="list-style-type: none"> 07h00 Tricia (90') 09h00 Mandla (90') 10h45 Mandla (70') 		<ul style="list-style-type: none"> 07h15 Janoah (45') 09h00 Mich (70') 10h30 IHY Teacher (75') 15h30 Janoah (90')
Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday	23	Saturday	24	Sunday	25
	<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (70') 17h00 Janoah (70') 18h30 Marian (75') 		<ul style="list-style-type: none"> 06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry L (70') 18h30 Siobhan (75') 		<ul style="list-style-type: none"> 06h15 Janoah (70') 09h00 Tammi (70') 17h00 Nozi (70') 18h30 Janoah (75') 		<ul style="list-style-type: none"> 06h30 Tammi (70') 13h00 TBA (60') 17h00 Mich (70') 18h30 Danette (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"> 07h15 Janoah (45') 09h00 Mich (70') 10h30 Renata (75') 15h30 Janoah (90')
Monday	26	Tuesday	27	Wednesday	28	Thursday	29	Friday	30	Saturday	31		
	<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (70') 17h00 Janoah (70') 18h30 Marian (75') 		<ul style="list-style-type: none"> 06h15 Nozi (60') 09h00 Janoah (70') 17h00 Kerry L (70') 18h30 Siobhan (75') 		<ul style="list-style-type: none"> 06h15 Janoah (70') 09h00 Tammi (70') 17h00 Nozi (70') 18h30 Janoah (75') 		<ul style="list-style-type: none"> 06h30 Tammi (70') 13h00 TBA (60') 17h00 Mich (70') 18h30 Danette (75') 		<ul style="list-style-type: none"> 06h15 Janoah (70') 09h00 Kerry L (90') 		<ul style="list-style-type: none"> 07h00 Tricia (90') 09h00 Mandla (90') 10h45 Mandla (70') 		