



indiehot

Scheduled Class Timetable October 2023

- Hatha Yoga
- Hot Vinyasa Flow
- Forrest Yoga
- Hot Pilates
- Hot 26 (Bikram)
- Yin Yoga
- Power Flow
- Kundalini
- Doshic Yoga
- Ashtanga
- Vin2Yin

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Zoey (90') 18h45 Tammi (70') 	<ul style="list-style-type: none"> 09h00 Cecile (90') 17h00 Sean (90') 18h45 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Cecile (70') 09h00 Nozi (90') 17h00 Refiloe (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 07h00 Tammi (70') 09h00 Zoey (80') 17h00 Nozi (90') 18h45 Janoah (80') 	<ul style="list-style-type: none"> 06h30 Pebetsi (70') 09h00 Refiloe (90') 15h30 Casey (70') 	<ul style="list-style-type: none"> 07h00 Zoey (90') 09h00 Sean (90') 10h45 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Nicole (90') 10h00 Evangelia (70') 15h30 Sean (90') 	
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Zoey (90') 18h45 Sindi (70') 	<ul style="list-style-type: none"> 09h00 Cecile (90') 17h00 Sean (90') 18h45 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Cecile (70') 09h00 Nozi (90') 17h00 Refiloe (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 07h00 Tammi (70') 09h00 Zoey (80') 17h00 Nozi (90') 18h45 Janoah (80') 	<ul style="list-style-type: none"> 06h30 Ross (70') 09h00 Refiloe (90') 15h30 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Zoey (90') 09h00 Mandla (90') 10h45 Casey (70') 	<ul style="list-style-type: none"> 07h00 Nicole (90') 10h00 Evangelia (70') 15h30 Sean (90') 	
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22	
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Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Zoey (90') 18h45 Sindi (70') 	<ul style="list-style-type: none"> 09h00 Cecile (90') 17h00 Sean (90') 18h45 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Cecile (70') 09h00 Nozi (90') 17h00 Refiloe (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 07h00 Tammi (70') 09h00 Zoey (80') 17h00 Nozi (90') 18h45 Janoah (80') 	<ul style="list-style-type: none"> 06h30 Ross (70') 09h00 Refiloe (90') 15h30 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Pebetsi (90') 09h00 Mandla (90') 10h45 Casey (70') 	<ul style="list-style-type: none"> 07h00 Nicole (90') 10h00 Evangelia (70') 15h30 Sean (90') 	
Monday 30	Tuesday 31	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>NB: Booking ESSENTIAL www.indiehot.co.za to register online</p> </div>				<p>Please Note: Teachers listed on this schedule are subject to change at short notice.</p>	
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