



indiehot

Scheduled Class Timetable September 2024

- Hatha Yoga
- Hot Vinyasa Flow Yoga
- Hot 26 (Bikram Yoga)
- Vin2Yin Yoga
- Yoga Embodiment
- Hot 84 (Bikram Yoga)
- Power Flow Yoga
- Kundalini Yoga
- Ashtanga Yoga
- Yin Yoga
- Free Community Class

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

Monday 30						Sunday 1
<ul style="list-style-type: none"> 06h30 Mandla (90') 08h30 Mandla (70') 17h00 Mich (70') 18h30 Tammi (75') 						<ul style="list-style-type: none"> 07h00 Hayley (90') 09h00 Cecile (70') 15h30 Tammi (90')
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 (70') 17h00 Mich (70') 18h30 Kerry W (75') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 09h00 Pebetsi (90') 17h00 Kerry L (70') 18h30 Danette (75') 	<ul style="list-style-type: none"> 06h15 Themba (70') 09h00 Tammi (70') 12h00 Pebetsi (70') 17h00 Nozi (70') 18h30 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 13h00 Hot26 (70') 17h00 Mich (70') 18h30 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Tricia (70') 09h00 Kerry L (90') 	<ul style="list-style-type: none"> 07h00 Pebetsi (90') 09h00 Mandla (90') 10h45 Samantha (70') 	<ul style="list-style-type: none"> 09h00 Mich (70') 15h30 Janoah (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 (70') 17h00 Mich (70') 18h30 Kerry W (75') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 09h00 Pebetsi (90') 17h00 Kerry L (70') 18h30 Danette (75') 	<ul style="list-style-type: none"> 06h15 Themba (70') 09h00 Tammi (70') 12h00 Pebetsi (70') 17h00 Nozi (70') 18h30 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 09h00 Hot26 (70') 13h00 Hot26 (70') 17h00 Mich (70') 18h30 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Pebetsi (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 Ute (90') 09h00 Tricia (90') 15h30 Janoah (90')
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (70') 17h00 Mich (70') 18h30 Kerry W (75') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 09h00 Pebetsi (90') 17h00 Kerry L (70') 18h30 Danette (75') 	<ul style="list-style-type: none"> 06h15 Themba (70') 09h00 Tammi (70') 12h00 Pebetsi (70') 17h00 Nozi (70') 18h30 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 09h00 Hot26 (70') 13h00 Hot26 (70') 17h00 Mich (70') 18h30 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Tricia (70') 09h00 Kerry L (90') 	<ul style="list-style-type: none"> 07h00 Pebetsi (90') 09h00 Mandla (90') 10h45 Tammi (70') 	<ul style="list-style-type: none"> 09h00 Cecile (70') 15h30 Janoah (90')
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
<ul style="list-style-type: none"> 06h30 Mandla (90') 08h30 Mandla (70') 17h00 Mich (70') 18h30 Kerry W (75') 	Public Holiday <ul style="list-style-type: none"> 09h00 Pebetsi (90') 17h00 Danette (75') 	<ul style="list-style-type: none"> 06h15 Themba (70') 09h00 Tammi (70') 12h00 Pebetsi (70') 17h00 Nozi (70') 18h30 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 09h00 Hot26 (70') 13h00 Hot26 (70') 17h00 Mich (70') 18h30 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Pebetsi (70') 09h00 Kerry W (90') 	<ul style="list-style-type: none"> 07h00 Tricia (90') 09h00 Kerry L (90') 10h45 Samantha (70') 	<ul style="list-style-type: none"> 07h00 Hayley (90') 09h00 Mich (70') 15h30 Janoah (90')