



indiehot

Scheduled Class Timetable

September 2026

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

Please Note:

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

For up to date information refer to online schedule.

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry (70') 18h30 Sia (75')	06h15 Pebetsi (70') 09h00 Pebetsi (60') 17h00 Marian (70') 18h30 Janoah (75')	09h00 Marian (70') 13h00 Free Community (60') 17h00 Mich (70') 18h30 Kerry (75')	06h15 Janoah (70') 09h00 Kerry (90') 17h00 Sia (60')	07h00 Janoah (90') 09h00 Mandla (90') 10h45 Mandla (70')	07h30 Pebetsi (60') 09h00 Janoah (70') 10h30 Renata (75') 15h30 Janoah (90')
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
06h15 Mandla (90') 09h00 Mandla (70') 17h00 Janoah (70') 18:30 Kerry (75')	06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry (70') 18h30 Sia (75')	06h15 Pebetsi (70') 09h00 Pebetsi (60') 17h00 Marian (70') 18h30 Janoah (75')	09h00 Marian (70') 13h00 Free Community (60') 17h00 Mich (70') 18h30 Kerry (75')	06h15 Trich (70') 09h00 Kerry (90') 17h00 Savannah (60')	07h00 Pebetsi (90') 09h00 Marian (90') 10h45 Sia (70')	07h30 Kerry (60') 09h00 Mich (70') 10h30 Renata (75') 15h30 Sia (90')
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
06h15 Mandla (90') 09h00 Mandla (70') 17h00 Em (70') 18:30 Kerry (75')	06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry (70') 18h30 Sia (75')	06h15 Pebetsi (70') 09h00 Danette (60') 17h00 Marian (70') 18h30 Sia (75')	09h00 Marian (70') 13h00 Free Community (60') 17h00 Mich (70') 18h30 Danette (75')	06h15 Pebetsi (70') 09h00 Danette (90') 17h00 Sia (60')	07h00 Linea (90') 09h00 Mandla (90') 10h45 Mandla (70')	07h30 Pebetsi (60') 09h00 Mich (70') 10h30 Hayley (75') 15h30 Sia (90')
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
06h15 Mandla (90') 09h00 Mandla (70') 17h00 Em (70') 18:30 Kerry (75')	06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry (70') 18h30 Sia (75')	06h15 Pebetsi (70') 09h00 Danette (60') 17h00 Marian (70') 18h30 Sia (75')	Public Holiday 09h00 Marian (70') 17h00 Mich (70')	06h15 Trich (70') 09h00 Danette (90') 17h00 Savannah (60')	07h00 Janoah (90') 09h00 Kerry (90') 10h45 Sia (70')	07h30 Kerry (60') 08h45 Trich (90') 10h30 Renata (75') 15h30 Janoah (90')
Monday 28	Tuesday 29	Wednesday 30	NB: Booking ESSENTIAL register online www.indiehot.co.za			
06h15 Mandla (90') 09h00 Mandla (70') 17h00 Janoah (70') 18:30 Kerry (75')	06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry (70') 18h30 Sia (75')	06h15 Pebetsi (70') 09h00 Danette (60') 17h00 Marian (70') 18h30 Janoah (75')				