Studio Kairos

Sign up for a debit order
R900 per month
(price for 2019 stays the same)

APRIL 2019

Drop-in Nia classes: R130
Monthly Nia: R1,000
Drop-in Yoga classes: R120
Monthly Yoga: R900 (3 classes a week)
Nia and Yoga: Separate payments

083 657 3377
011 880 5223
kim@niagp.co.za
info@niagp.co.za
www.niagp.co.za

If you are a monthly Nia student, you can chat to Susan about super-sizing your package to include monthly Yoga classes (R1,200 for both).

Join us for a Family Day Jam on Monday 22 April (10h00 to 11h15) with Anthea and other teachers. This is a fundraiser Jam and will cost R130 per person.

Freedom Day is on Saturday 27 April. We invite you to wear something proudly South African to classes on the day.

Nia for Kids Holiday Programme (age 4 to 9) | 15 to 17 April | 10h30 to 12h30
with Danya and Susan | Price R600 per child | Book with Susan (083 306 3852)

Monday 1 April	Tuesday 2 April	Wednesday 3 April	Thursday 4 April	Friday 5 April	Saturday 6 April	Sunday 7 April
09h00 Nia with Anthea	08h00 Nia with Susan	08h00 Nia with Tonia	07h00 Nia Move IT class with Tonia	08h00 Nia with Susan	08h00 Nia with Janet	09h30 Nia with Avril
			09h00 Nia with Janet		09h00 Hatha Yoga with Susan	
		17h00 5 Stages with Susan			10h30 Nia with Susan	
16h45 Hatha Yoga with Susan		Focus Sense of sight				
18h00 Nia with Nicole S	18h00 Nia with Janet	18h15 Nia with Susan	NO VINYASA FLOW YOGA	17h30 Nia with Susan		
Monday 8 April	**Tuesday 9 April**	**Wednesday 10 April**	**Thursday 11 April**	**Friday 12 April**	**Saturday 13 April**	**Sunday 14 April**
09h00 Nia with Anthea	08h00 Nia with Susan	08h00 Nia with Tonia	07h00 Nia Move IT class with Susan	08h00 Nia with Susan	08h00 Nia with Anni	09h30 Nia with Yda
			09h00 Nia with Gail		09h00 Hatha Yoga with Susan	
		17h00 5 Stages with Susan			10h30 Nia with Susan	
16h45 Hatha Yoga with Susan		Focus Nerves				
18h00 Nia with Nicole S	18h00 Nia with Janet and Aurora	18h15 Nia with Susan	NO VINYASA FLOW YOGA	17h30 Nia with Karyn		
Monday 15 April	**Tuesday 16 April**	**Wednesday 17 April**	**Thursday 18 April**	**Friday 19 April**	**Saturday 20 April**	**Sunday 21 April**
09h00 Nia with Anthea	08h00 Nia with Susan	08h00 Nia with Tonia	07h00 Nia Move IT class with Tonia		08h00 Nia with Janet	09h30 Nia with Avril
Nia for Kids Holiday Programme (15 to 17 April) from 10h30 to 12h30			09h00 Nia with Janet	**GOOD FRIDAY**	09h00 Hatha Yoga with Susan	
		17h00 5 Stages with Susan			10h30 Nia with Susan	
16h45 Hatha Yoga with Susan		Focus Psoas and Sound		**STUDIO CLOSED TODAY**		
18h00 Nia with Nicole S	18h00 Nia with Janet and Aurora	18h15 Nia with Susan	18h00 Vinyasa Flow Yoga with Danya			
Monday 22 April	**Tuesday 23 April**	**Wednesday 24 April**	**Thursday 25 April**	**Friday 26 April**	**Saturday 27 April**	**Sunday 28 April**
10h00 to 11h15 FAMILY DAY JAM WITH ANTHEA AND OTHERS R130 (NOT INCLUDED FOR MONTHLY STUDENTS)	08h00 Nia with Susan	08h00 Nia with Aurora	07h00 Nia Move IT class with Susan	08h00 Nia with Susan	08h00 Nia with Anni	09h30 Nia with Yda
			09h00 Nia with Gail		09h00 Hatha Yoga with Susan	
		17h00 5 Stages with Susan			10h30 Nia with Susan	
		Focus Chest			**FREEDOM DAY CLASSES WEAR SOMETHING PROUDLY SOUTH AFRICAN**	
	18h00 Nia with Janet and Aurora	18h15 Nia with Susan	18h00 Vinyasa Flow Yoga with Danya	17h30 Nia with Aurora		
Monday 29 April	**Tuesday 30 April**	**Wednesday 1 May**	**Thursday 2 May**	**Friday 3 May**	**Saturday 4 May**	**Sunday 5 May**
09h00 Nia with Anthea	08h00 Nia with Susan	**10h00 to 11h15 WORKERS' DAY JAM WITH TONIA AND OTHERS (INCLUDED FOR ALL STUDENTS)**	07h00 Nia Move IT class with Tonia	08h00 Nia with Susan	08h00 Nia with Janet	09h30 Nia with Avril
			09h00 Nia with Janet		09h00 Hatha Yoga with Susan	
					10h30 Nia with Susan	
16h45 Hatha Yoga with Susan						
18h00 Nia with Nicole S	18h00 Nia with Janet and Aurora		18h00 Vinyasa Flow Yoga with Danya	17h30 Nia with Karyn		