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| Studio-Kairos | | Sign up for a debit order  R900 per month  (price for 2019 stays the same) | | | | **DECEMBER 2018** | | | Drop-in Classes: R120  Monthly Nia: R950  Monthly Yoga: R500  Unlimited Nia and Yoga: R1,350 | | | | 083 657 3377  011 880 5223  kim@niagp.co.za  [info@niagp.co.za](mailto:info@niagp.co.za)  www.niagp.co.za | | |
| Our monthly class card has not been increased for two years, and we feel that we have to increase it slightly to R1,000 from February 2019.  If you pay for December and January, the price remains at R950 per month. | | | | | | | | | | | | | | | |
| Our drop-in classes will be increasing in February to R130 per person. | | | | | | | | | | | | | | |
| **🟊 WISHING YOU AND YOUR FAMILY A VERY GOOD FESTIVE SEASON 🟊 IF YOU ARE TRAVELLING, PLEASE GO SAFELY 🟊** | | | | | | | | | | | | | | |
| **OUR STUDIO IS OPEN FOR THE HOLIDAYS! WE WILL HAVE ONE CLASS A DAY AT 09H00, EVERY DAY FROM MONDAY 17 DECEMBER 2018 TO SUNDAY 13 JANUARY 2019.** | | | | | | | | | | | | | | |
| Susan and Nina are hosting a Celebratory Nia Dinner at Dolci Café in Craighall Park on Tuesday 4 December (18h30 to 20h00).  The cost is R200 per person, and includes delicious finger foods and cocktails. Everyone is welcome − bring friends and family! | | | | | | | | | | | | | | | |
| Have a look at the flyer on [www.niagp.co.za](http://www.niagp.co.za) and the event on Facebook for more details. | | | | | | | | | | | | | | | |
| **Join Susan for a YEAR-END JAM ON SUNDAY 16 DECEMBER. Stay for snacks and champagne afterwards – R120 per person.** | | | | | | | | | | | | | | | |
| **Monday 26 November** | | | **Tuesday 27 November** | | **Wednesday 28 November** | | **Thursday 29 November** | | **Friday 30 November** | | **Saturday 1 December** | | **Sunday 2 December** | | |
| 07h00 | Nia Move IT class with Susan | | 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 Isa | |
| 09h00 | Nia with Anthea | |  |  |  |  | 09h00 | Nia with Gail |  |  | 09h00 | Hatha Yoga with Susan |  |  | |
|  |  | |  |  | 17h00 | 5 Stages with Susan |  |  |  |  | 10h30 | Nia with Susan |  |  | |
| 16h45 | Hatha Yoga with Susan | |  |  | Focus | Muscles |  |  |  |  |  |  |  |  | |
| 18h00 | Nia with Nicole | | 18h00 | Nia with Janet | 18h15 | Nia with Susan |  |  |  |  |  |  |  |  | |
| **Monday 3 December** | | | **Tuesday 4 December** | | **Wednesday 5 December** | | **Thursday 6 December** | | **Friday 7 December** | | **Saturday 8 December** | | **Sunday 9 December** | | |
| 07h00 | Nia Move IT class with Susan | | 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 Michelle | |
| 09h00 | Nia with Anthea | | **Speak to Susan or Nina about booking a table at our Nia Dinner at Dolci Café in Craighall Park.**  **011 880 5332 / info@niagp.co.za** | |  |  | 09h00 | Nia with Gail |  |  | 09h00 | Hatha Yoga with Susan |  |  | |
|  |  | | 17h00 | 5 Stages with Susan | **15h00 to** | **Nia4Kids and parents** |  |  | 10h30 | Nia with Susan |  |  | |
| 16h45 | Hatha Yoga with Susan | | Focus | Journey deep into embryonic | **16h00** | **End of year class** |  |  |  |  |  |  | |
| 18h00 | Nia with Nicole | | 18h00 | Nia with Janet | 18h15 | Nia with Susan |  | **No charge. Donations only.** |  |  |  |  |  |  | |
| **Monday 10 December** | | | **Tuesday 11 December** | | **Wednesday 12 December** | | **Thursday 13 December** | | **Friday 14 December** | | **Saturday 15 December** | | **Sunday 16 December** | | |
| 07h00 | Nia Move IT class with Susan | | 08h00 | Nia with Susan | 08h00 | Nia with Janet |  | NO MOVE IT CLASS | 08h00 | Nia with Susan | 08h00 | Nia with Anni | **09h30** | **YEAR-END JAM** | |
| 09h00 | Nia with Anthea | |  |  |  |  | 09h00 | Nia with Janet |  |  | 09h00 | Hatha Yoga with Susan |  | **WITH SUSAN** | |
|  |  | |  |  | 17h00 | 5 Stages with Susan |  |  |  |  | 10h30 | Nia with Susan |  | **R120 PER PERSON** | |
| 16h45 | Hatha Yoga with Susan | |  |  | Focus | Connective tissue |  |  |  |  |  |  |  | Stay for snacks and | |
| 18h00 | Nia with Nicole | | 18h00 | Nia with Janet and Aurora | 18h15 | Nia with Susan |  |  |  |  |  |  |  | champagne afterwards | |
| **Monday 17 December** | | | **Tuesday 18 December** | | **Wednesday 19 December** | | **Thursday 20 December** | | **Friday 21 December** | | **Saturday 22 December** | | **Sunday 23 December** | | |
|  | NO MOVE IT CLASS | | 09h00 | Nia with Susan | 09h00 | Nia with Tonia | 07h00 | Nia Move IT class with Tonia | 09h00 | Nia with Susan |  | NO NIA CLASS | 09h30 | Nia with Yda | |
| 09h00 | Nia with Anthea | |  |  |  |  | 09h00 | Nia with Janet |  |  |  | NO YOGA CLASS |  |  | |
|  | NO YOGA CLASS | |  |  |  | NO 5 STAGES CLASS |  |  |  |  | 10h30 | Nia with Susan |  |  | |
|  | NO NIA CLASS | |  | NO NIA CLASS |  | NO NIA CLASS |  |  |  |  |  |  |  |  | |
| **Monday 24 December** | | | **Tuesday 25 December** | | **Wednesday 26 December** | | **Thursday 27 December** | | **Friday 28 December** | | **Saturday 29 December** | | **Sunday 30 December** | | |
|  | NO MOVE IT CLASS | | **MERRY CHRISTMAS!**  **STUDIO CLOSED TODAY** | | 09h00 | Nia with Tonia | 07h00 | Nia Move IT class with Tonia | 09h00 | Nia with Susan |  | NO NIA CLASS | 09h30 | Nia with Avril | |
| 09h00 | Nia with Anthea | |  |  | 09h00 | Nia with Avril |  |  |  | NO YOGA CLASS |  |  | |
|  | NO YOGA CLASS | |  | NO 5 STAGES CLASS |  |  |  |  | 10h30 | Nia with Susan |  |  | |
|  | NO NIA CLASS | |  | NO NIA CLASS |  |  |  |  |  |  |  |  | |