



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

♥ FEBRUARY 2019 ♥

Drop-in Nia classes: R130
 Monthly Nia: R1,000
 Drop-in Yoga classes: R120
 Monthly Yoga: R900 (4 classes a week)
 Nia and Yoga: Separate payments

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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.
 Our drop-in Nia classes will be increasing to R130 per person.

There is still space on the **White Belt Training (16 to 22 February)**. It is the first level of Nia Training for Nia Students interested in diving into the Nia Education. Whether you are a student wanting to go deeper into your practice or an aspiring Nia Teacher, the White Belt Intensive is for you. Chat to Susan for

WHITE BELT WEEK: ALL CLASSES ARE OPEN TO THE PUBLIC, AND EVERYONE IS WELCOME! There is one additional class on Thursday 21 February at 17h00.

Monday 28 January	Tuesday 29 January	Wednesday 30 January	Thursday 31 January	Friday 1 February	Saturday 2 February	Sunday 3 February
07h00 Nia Move IT class with Susan 09h00 Nia with Anthea 16h45 Vinyasa Flow Yoga with Danya 18h00 Nia with Yda	08h00 Nia with Susan 18h00 Nia with Janet and Aurora	08h00 Nia with Tonia 17h00 5 Stages with Susan Focus Music 18h15 Nia with Susan	07h00 Nia Move IT class with Tonia 09h00 Nia with Gail	08h00 Nia with Susan 17h30 FriYay Nia with Karyn	08h00 Nia with Janet 09h00 Hatha Yoga with Susan 10h30 Nia with Susan	09h30 Nia with Avril
Monday 4 February	Tuesday 5 February	Wednesday 6 February	Thursday 7 February	Friday 8 February	Saturday 9 February	Sunday 10 February
07h00 Nia Move IT class with Susan 09h00 Nia with Anthea 16h45 Vinyasa Flow Yoga with Danya 18h00 Nia with Karyn	07h00 Vinyasa Flow Yoga with Danya 08h00 Nia with Susan 18h00 Nia with Janet and Aurora	08h00 Nia with Tonia 17h00 5 Stages with Susan Focus Brain: Reflexive/ Voluntary 18h15 Nia with Susan	07h00 Nia Move IT class with Tonia 09h00 Nia with Jan 18h00 Vinyasa Flow Yoga with Danya	08h00 Nia with Susan 17h30 FriYay Nia with Aurora	08h00 Nia with Janet 09h00 Hatha Yoga with Susan 10h30 Nia with Susan	09h30 Nia with Aurora
Monday 11 February	Tuesday 12 February	Wednesday 13 February	♥ Thursday 14 February ♥	Friday 15 February	Saturday 16 February	Sunday 17 February
07h00 Nia Move IT class with Susan 09h00 Nia with Anthea 16h45 Vinyasa Flow Yoga with Danya 18h00 Nia with Tonia	07h00 Vinyasa Flow Yoga with Danya 08h00 Nia with Susan 18h00 Nia with Janet and Aurora	08h00 Nia with Tonia 17h00 5 Stages with Susan Focus Hands 18h15 Nia with Susan	07h00 Nia Move IT class with Tonia 09h00 Nia with Gail 18h00 Vinyasa Flow Yoga with Danya	08h00 Nia with Susan 17h30 FriYay Nia with Karyn	08h00 Nia with Tonia 09h00 Vinyasa Flow Yoga with Danya 10h30 Nia with Susan	WHITE BELT 09h30 Nia with Susan
Monday 18 February	Tuesday 19 February	Wednesday 20 February	Thursday 21 February	Friday 22 February	Saturday 23 February	Sunday 24 February
WHITE BELT WEEK: ALL CLASSES ARE OPEN TO THE PUBLIC, AND EVERYONE IS WELCOME!						08h00 Nia with Janet
NO MOVE IT CLASS 08h00 Nia 52 Moves class with Susan PLEASE NOTE CHANGE OF TIME NO YOGA 18h00 Nia with Susan	07h00 Vinyasa Flow Yoga with Danya 08h00 Nia 52 Moves class with Susan 18h00 Nia with Susan	08h00 Nia 52 Moves class with Susan NO 5 STAGES 18h15 Nia with Susan	07h00 Nia Move IT class with Tonia 09h00 NIA MOVEMENT REVIEW R200 PER PERSON 17h00 Nia with Susan 18h00 Vinyasa Flow Yoga with Danya	08h00 Nia with Susan 17h30 FriYay Nia with Aurora	09h00 Vinyasa Flow Yoga with Danya 10h30 Nia with Nicole	09h30 Nia with Yda
Monday 25 February	Tuesday 26 February	Wednesday 27 February	Thursday 28 February	Friday 1 March	Saturday 2 March	Sunday 3 March
07h00 Nia Move IT class with Susan 09h00 Nia with Anthea 16h45 Vinyasa Flow Yoga with Danya 18h00 Nia with Nicole S	07h00 Vinyasa Flow Yoga with Danya 08h00 Nia with Susan	08h00 Nia with Tonia 17h00 5 Stages with Susan Focus Heart 18h15 Nia with Susan	07h00 Nia Move IT class with Tonia 09h00 Nia with Gail 18h00 Vinyasa Flow Yoga with Danya	08h00 Nia with Susan 17h30 FriYay Nia with Karyn	08h00 Nia with Janet 09h00 Hatha Yoga with Susan 10h30 Nia with Susan	09h30 Nia with Avril