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| Studio-Kairos | | Sign up for a debit order  R900 per month  (price for 2019 stays the same) | | | | **JANUARY 2019** | | | 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 NEW YEAR 🟊** | | | | | | | | | | | | | | |
| **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.** | | | | | | | | | | | | | | |
| Join Susan on 1 January for a New Year’s Nia Jam (10h00 to 11h15). Your investment for this Jam is R120. | | | | | | | | | | | | | | |
| **Join Susan and Isa for a Dance and Art Workshop on Sunday 6 January. Envision you desires for the New Year! The cost of this is R400 per person.** | | | | | | | | | | | | | | |
| Join Susan on 20 January for a New to Nia Workshop. Step in and learn Nia’s base moves.  R400 (R350 if you book and pay before 11 January). | | | | | | | | | | | | | | |
| **Monday 31 December** | | | **Tuesday 1 January** | | **Wednesday 2 January** | | **Thursday 3 January** | | **Friday 4 January** | | **Saturday 5 January** | | **Sunday 6 January** | |
|  | NO MOVE IT CLASS | | **10h00** | **New Year’s Nia Jam** | 09h00 | Nia with Tonia | 07h00 | Nia Move IT class with Tonia | 09h00 | Nia with Susan |  | NO NIA CLASS | **09h30** | **Nia with Avril and Susan** |
| 09h00 | Nia with Aurora | |  | **with Susan and others** |  |  | 09h00 | Nia with Janet |  |  | 09h00 | Hatha Yoga with Susan | **10h30 to** | **Dance and Art Workshop** |
|  | NO YOGA CLASS | |  | **R120 per person** |  | NO 5 STAGES CLASS |  |  |  |  | 10h30 | Nia with Susan | **12h30** | **With Susan and Isa** |
|  | NO NIA CLASS | |  |  |  | NO NIA CLASS |  |  |  |  |  |  |  | **Cost: R400 per person** |
| **Monday 7 January** | | | **Tuesday 8 January** | | **Wednesday 9 January** | | **Thursday 10 January** | | **Friday 11 January** | | **Saturday 12 January** | | **Sunday 13 January** | |
|  | 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 Avril |
| 09h00 | Nia with Anthea | |  |  |  |  | 09h00 | Nia with Janet |  |  | 09h00 | Hatha Yoga with Susan |  |  |
|  | NO YOGA CLASS | |  |  |  | NO 5 STAGES CLASS |  |  |  |  | 10h30 | Nia with Susan |  |  |
|  | NO NIA CLASS | |  | NO NIA CLASS |  | NO NIA CLASS |  |  |  |  |  |  |  |  |
| **Monday 14 January** | | | **Tuesday 15 January** | | **Wednesday 16 January** | | **Thursday 17 January** | | **Friday 18 January** | | **Saturday 19 January** | | **Sunday 20 January** | |
| 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 Anni | 09h30 | Nia with Aurora |
| 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 | Joy of Movement |  |  |  |  |  |  | **14h00 to** | **New to Nia Workshop** |
| 18h00 | Nia with Nicole S | | 18h00 | Nia with Aurora | 18h15 | Nia with Susan |  |  |  |  |  |  | **17h00** | **with Susan (R400)** |
| **Monday 21 January** | | | **Tuesday 22 January** | | **Wednesday 23 January** | | **Thursday 24 January** | | **Friday 25 January** | | **Saturday 26 January** | | **Sunday 27 January** | |
| 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 Anni | 09h30 | Nia with Yda |
| 09h00 | Nia with Anthea | |  |  |  |  | 09h00 | Nia with Janet |  |  | 09h00 | Hatha Yoga with Susan |  |  |
|  |  | |  |  | 17h00 | 5 Stages with Susan |  |  |  |  | 10h30 | Nia with Susan |  |  |
| 16h45 | Hatha Yoga with Susan | |  |  | Focus | Natural time and movement forms |  |  |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | | 18h00 | Nia with Janet and Aurora | 18h15 | Nia with Susan |  |  | **17h30** | **FriYAY with Karyn** |  |  |  |  |
| **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 | | 08h00 | Nia with Susan | 08h00 | Nia with Tonia | 07h00 | Nia Move IT class with Tonia | 08h00 | Nia with Susan | 08h00 | Nia with Anni | 09h30 | Nia with Yda |
| 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 | Music |  |  |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | | 18h00 | Nia with Janet and Aurora | 18h15 | Nia with Susan |  |  |  |  |  |  |  |  |