



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

MARCH 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

GIVE YOURSELF A GIFT! CONSIDER TAKING AN AWAY-FROM-HOME WHITE BELT INTENSIVE.
23 to 29 March at The Doornbosch Centre in Stellenbosch, Western Cape.

It's for people who love the feeling in their bodies when they move - whether you want to teach or simply want to deepen your awareness. You talk, you listen, you move, you play, you feel, you experience. Chat to Susan for more information and to register.

Join Gail and Janet for a Jam to celebrate Human Rights Day on Thursday 21 March 2019 from 10h00 to 11h15. The cost for the Jam is R130 per person (not included).

We will only be having one Move IT class a week: Thursdays at 07h00.

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	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 Anthea			17h00	5 Stages with Susan	09h00	Nia with Gail			09h00	Hatha Yoga with Susan		
16h45	Vinyasa Flow Yoga with Danya			Focus	Heart					10h30	Nia with Susan		
18h00	Nia with Nicole S	18h00	Nia with Janet and Aurora	18h15	Nia with Susan	18h00	Vinyasa Flow Yoga with Danya	17h30	Nia with Karyn				
Monday 4 March		Tuesday 5 March		Wednesday 6 March		Thursday 7 March		Friday 8 March		Saturday 9 March		Sunday 10 March	
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 Janet	09h30	Nia with Yda
				17h00	5 Stages with Susan	09h00	Nia with Janet			09h00	Hatha Yoga with Susan		
16h45	Hatha Yoga with Susan			Focus	Breathing					10h30	Nia with Susan		
18h00	Nia with Nicole S	18h00	Nia with Janet and Aurora	18h15	Nia with Susan	18h00	Vinyasa Flow Yoga with Danya	17h30	Nia with Karyn and Aurora				
Monday 11 March		Tuesday 12 March		Wednesday 13 March		Thursday 14 March		Friday 15 March		Saturday 16 March		Sunday 17 March	
09h00	Nia with Anthea	08h00	Nia with Susan	08h00	Nia with Aurora	07h00	Nia Move IT class with Susan	08h00	Nia with Susan	08h00	Nia with Janet	09h30	Nia with Avril
				17h00	5 Stages with Susan	09h00	Nia with Gail			09h00	Hatha Yoga with Susan		
16h45	Hatha Yoga with Susan			Focus	Planes and Intensity Levels					10h30	Nia with Susan		
18h00	Nia with Nicole S	18h00	Nia with Janet and Aurora	18h15	Nia with Susan		NO VINYASA YOGA TONIGHT	17h30	Nia with Karyn				
Monday 18 March		Tuesday 19 March		Wednesday 20 March		Thursday 21 March		Friday 22 March		Saturday 23 March		Sunday 24 March	
09h00	Nia with Anthea	08h00	Nia with Susan	08h00	Nia with Aurora	10h00 to	Human Rights Day Jam with Gail and Janet R130 per person	08h00	Nia with Susan	08h00	Nia with Janet	09h30	Nia with Yda
				17h00	5 Stages with Susan	11h30			09h00	Vinyasa Yoga with Danya			
16h45	Hatha Yoga with Susan			Focus	Psoas and the Stances					10h30	Nia with Aurora		
18h00	Nia with Yda	18h00	Nia with Janet and Aurora	18h15	Nia with Susan		NO VINYASA YOGA TONIGHT	17h30	Nia with Aurora				
Monday 25 March		Tuesday 26 March		Wednesday 27 March		Thursday 28 March		Friday 29 March		Saturday 30 March		Sunday 31 March	
09h00	Nia with Anthea	08h00	Nia with Aurora	08h00	Nia with Tonia	07h00	Nia Move IT class with Tonia	08h00	Nia with Tonia	08h00	Nia with Anni	09h30	Nia with Avril
				17h00	5 Stages with Janet	09h00	Nia with Gail			09h00	Vinyasa Yoga with Danya		
	NO HATHA YOGA TODAY			Focus	Heart					10h30	Nia with Nicole S		
18h00	Nia with Yda	18h00	Nia with Janet and Aurora	18h15	Nia with Nicole S	18h00	Vinyasa Flow Yoga with Danya	17h30	Nia with Aurora				