Studio Kairos

Sign up for a debit order
R900 per month

MAY 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

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OUR WINTER SPECIAL FOR MAY, JUNE, JULY, AND AUGUST IS R3,600 (YOU SAVE R400).
This is payable at the beginning of May, and you get to dance for the winter months as much as you like!

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 Nia and Yoga).

Join us for a Workers' Day Jam on Wednesday 1 May (10h00 to 11h15) with Tonia and other teachers. This is included for all monthly students, and R130 drop-in.

Philippe Beaufor will share a Yin Yang movement class on Friday 10 May from 17h30 to 18h30. The class is based on his training in Taoist martial arts, conscious dance and fitness (Nia and Soul Motion). **The investment for this class is R150 and is in addition to the monthly fee.**

We will be launching a Nia for Men class in June on Tuesday evenings at 18h00 (also open to all students). We encourage you to bring the men in your lives!

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 monthly students) or R130 drop-in**	07h00	Nia Move IT with Tonia	08h00	Nia with Susan	08h00	Nia with Jeanette	09h30	Nia with Avril
						09h00	Nia with Janet			09h00	Hatha Yoga with Susan		
16h45	Hatha Yoga with Susan									10h30	Nia with Susan		
18h00	Nia with Nicole S	18h00	Nia with Janet and Aurora			18h00	Vinyasa Flow Yoga with Danya	17h30	Nia with Karyn and Aurora				
Monday 6 May		**Tuesday 7 May**		**Wednesday 8 May**		**Thursday 9 May**		**Friday 10 May**		**Saturday 11 May**		**Sunday 12 May**	
09h00	Nia with Anthea	08h00	Nia with Susan	**NO CLASSES TODAY AS THE STUDIO IS A VOTING STATION ENJOY YOUR VOTE**		07h00	Nia Move IT with Susan and Tonia	08h00	Nia with Susan	08h00	Nia with Janet	**09h30**	**Nia with Yda Mother's Day class Bring your mom to class today, and she doesn't pay!**
						09h00	Nia with Gail	**17h30 to 18h30**	**Yin Yang movement class with Phillipe Beaufor (martial artist and SuryaSoul® teacher) R150 PER PERSON**	09h00	Hatha Yoga with Susan		
16h45	Hatha Yoga with Susan									10h30	Nia with Susan		
18h00	Nia with Nicole S	18h00	Nia with Janet and Aurora			18h00	Vinyasa Flow Yoga with Danya						
Monday 13 May		**Tuesday 14 May**		**Wednesday 15 May**		**Thursday 16 May**		**Friday 17 May**		**Saturday 18 May**		**Sunday 19 May**	
09h00	Nia with Anthea	08h00	Nia with Susan	08h00	Nia with Isa	07h00	Nia Move IT with Susan and Tonia	08h00	Nia with Susan	08h00	Nia with Janet	09h30	Nia with Yda
				17h00	5 Stages with Susan	09h00	Nia with Janet			09h00	Vinyasa Yoga with Danya		
16h45	Hatha Yoga with Susan			Focus	Upper Arm Bone					10h30	Nia with Tonia		
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 20 May		**Tuesday 21 May**		**Wednesday 22 May**		**Thursday 23 May**		**Friday 24 May**		**Saturday 25 May**		**Sunday 26 May**	
09h00	Nia with Anthea	08h00	Nia with Susan	08h00	Nia with Tonia	07h00	Nia Move IT with Susan and Tonia	08h00	Nia with Susan	08h00	Nia with Janet	09h30	Nia with Avril
						09h00	Nia with Gail			09h00	Hatha Yoga with Susan		
				17h00	5 Stages with Susan					10h30	Nia with Susan		
16h45	Hatha Yoga with Susan			Focus	Sensuous as Healing Energy								
18h00	Nia with Nicole S	18h00	Nia with Janet and Aurora	18h15	Nia with Susan	18h00	Vinyasa Flow Yoga with Danya	17h30	Nia with Aurora				
Monday 27 May		**Tuesday 28 May**		**Wednesday 29 May**		**Thursday 30 May**		**Friday 31 May**		**Saturday 1 June**		**Sunday 2 June**	
09h00	Nia with Anthea	08h00	Nia with Susan	08h00	Nia with Tonia	07h00	Nia Move IT with Susan and Tonia	08h00	Nia with Susan	08h00	Nia with Janet	09h30	Nia with Yda
						09h00	Nia with Janet			09h00	Vinyasa Yoga with Danya		
				17h00	5 Stages with Janet					10h30	Nia with Aurora		
16h45	Hatha Yoga with Susan	**18h00**	**Nia with Janet and Aurora**	Focus	Spirals								
18h00	Nia with Nicole S		**Kim's birthday class**	18h15	Nia with Nicole and Megan	18h00	Vinyasa Flow Yoga with Danya	17h30	Nia with Karyn and Aurora				