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| Studio-Kairos | | IF YOU SIGN UP FOR A MONTHLY DEBIT ORDER  R900 FOR THE MONTH | | | | **NOVEMBER 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 | |
| **Susan and Tonia have started a BRAND NEW 07h00 MOVE IT CLASS EVERY MONDAY AND THURSDAY MORNING!**  Move IT is a revolutionary approach to whole body fitness integrating the best of exercise science, modern interval training and somatic movement through Nia's sensory-based approach to fitness. The 60-minute class promises to bring conditioning to every body part and muscle group. | | | | | | | | | | | | | | |
| Cycle Challenge Sunday is on 18 November 2018. If you are affected, you can download a map from http://www.cyclechallenge.co.za/routemap. | | | | | | | | | | | | | | |
| **Ann Christiansen will be in Johannesburg this month for the BLUE BELT TRAINING. All classes are included in the monthly fee!** | | | | | | | | | | | | | | |
| The morning class on THURSDAY 15 November will be at 08h00, and there is an additional class that evening at 17h00. | | | | | | | | | | | | | | |
| **Monday 29 October** | | | **Tuesday 30 October** | | **Wednesday 31 October** | | **Thursday 1 November** | | **Friday 2 November** | | **Saturday 3 November** | | **Sunday 4 November** | |
| 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 | |  |  |  |  | 09h00 | Nia with Janet |  |  | 09h00 | Hatha Yoga with Susan |  |  |
|  |  | |  |  | 17h00 | 5 Stages with Susan |  |  |  |  | 10h30 | Nia with Susan |  |  |
| 16h45 | Hatha Yoga with Susan | |  |  | Focus | Chakras and Crystal Bowls |  |  |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | | 18h00 | Nia with Janet | 18h15 | Nia with Susan |  |  |  |  |  |  |  |  |
| **Monday 5 November** | | | **Tuesday 6 November** | | **Wednesday 7 November** | | **Thursday 8 November** | | **Friday 9 November** | | **Saturday 10 November** | | **Sunday 11 November** | |
| 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 | **BLUE BELT WEEK** | |
| 09h00 | Nia with Anthea | |  |  |  |  | 09h00 | Nia with Janet |  |  | 09h00 | Hatha Yoga with Susan | 09h30 | Nia with Ann |
|  |  | |  |  | 17h00 | 5 Stages with Susan |  |  |  |  | 10h30 | Nia with Susan |  |  |
| 16h45 | Hatha Yoga with Susan | |  |  | Focus | Jaw |  |  |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | | 18h00 | Nia with Janet | 18h15 | Nia with Susan |  |  | 17h30 | FriYay Nia with Karyn | **15h00** | **BLUE BELT STARTS** |  |  |
| **Monday 12 November** | | | **Tuesday 13 November** | | **Wednesday 14 November** | | **Thursday 15 November** | | **Friday 16 November** | | **Saturday 17 November** | | **Sunday 18 November** | |
| **BLUE BELT WEEK WITH MASTER TRAINER ANN CHRISTIANSEN. ALL CLASSES ARE OPEN TO EVERYONE AND SHOULD NOT BE MISSED!** | | | | | | | | | | | 08h00 | Nia with Anni | 09h30 | Nia with Aurora |
|  | **NO MOVE IT CLASS** | | 08h00 | 52 Moves Nia class with Ann | 08h00 | Nia with Nicole S |  | **NO MOVE IT CLASS** | 08h00 | Nia with Ann | 09h00 | Hatha Yoga with Susan | **DON’T FORGET THAT TODAY IS CYCLE CHALLENGE SUNDAY!** | |
| 09h00 | 52 Moves Nia class with Ann | |  |  |  |  | 08h00 | Nia with Gail |  |  | 10h30 | Nia with Susan |
|  |  | |  |  |  |  |  | [note: change of class time] |  |  |  |  |  |  |
|  | **NO YOGA CLASS** | |  |  |  | **NO 5 STAGES CLASS** |  |  |  |  |  |  |  |  |
| 18h00 | Nia with Ann | | 18h00 | Nia with Janet | 18h15 | Nia with Ann | 17h00 | Nia with Ann |  |  |  |  |  |  |
| **Monday 19 November** | | | **Tuesday 20 November** | | **Wednesday 21 November** | | **Thursday 22 November** | | **Friday 23 November** | | **Saturday 24 November** | | **Sunday 25 November** | |
| 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 Avril |
| 09h00 | Nia with Anthea | |  |  |  |  | 09h00 | Nia with Janet | **LOOK OUT FOR OUR**  **BLACK FRIDAY**  **SPECIALS TODAY!** | | 09h00 | Hatha Yoga with Susan |  |  |
|  |  | |  |  | 17h00 | 5 Stages with Susan |  |  | 10h30 | Nia with Susan |  |  |
| 16h45 | Hatha Yoga with Susan | |  |  | Focus | Ligaments and tendons |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | | 18h00 | Nia with Janet | 18h15 | Nia with Susan |  |  | 17h30 | FriYay Nia with Karyn |  |  |  |  |
| **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 Anni | 09h30 | Nia with Avril |
| 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 S | | 18h00 | Nia with Janet | 18h15 | Nia with Susan |  |  |  |  |  |  |  |  |