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| Studio-Kairos | | IF YOU SIGN UP FOR A MONTHLY DEBIT ORDER  R900 FOR THE MONTH | | | | **OCTOBER 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 will be introducing 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. | | | | | | | | | | | | | | |
| Danya will be teaching a four-week programme of **Nia for Kids (ages 4 to 9)** starting on 4 October. It’s R100 per class (drop-in). | | | | | | | | | | | | | | |
| Join us for Avril’s 60th birthday class at 09h30 on Sunday 28 October. Stay for champagne and snacks afterwards. | | | | | | | | | | | | | | |
| **Monday 1 October** | | | **Tuesday 2 October** | | **Wednesday 3 October** | | **Thursday 4 October** | | **Friday 5 October** | | **Saturday 6 October** | | **Sunday 7 October** | |
| 07h00 | Nia Move It class with Tonia | | 08h00 | Nia with Aurora | 08h00 | Nia with Janet | 07h00 | Nia Move It class with Tonia | 08h00 | Nia with Isa | 08h00 | Nia with Janet | 09h30 | Nia with Avril |
| 09h00 | Nia with Anthea | |  |  |  |  | 09h00 | Nia with Gail |  |  | 09h00 | Hatha Yoga with Phindile |  |  |
|  |  | |  |  | 17h00 | 5 Stages with Janet | **15h00 to** | **Nia for Kids programme** |  |  | 10h30 | Nia with Nicole S |  |  |
|  | NO YOGA | | 18h00 | Nia with Janet | Focus | FreeDance | **16h00** | **with Danya** |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | | 19h15 | Dancing Divas | 18h15 | Nia with Janet | 18h30 | Expressive Movement |  |  |  |  |  |  |
| **Monday 8 October** | | | **Tuesday 9 October** | | **Wednesday 10 October** | | **Thursday 11 October** | | **Friday 12 October** | | **Saturday 13 October** | | **Sunday 14 October** | |
| 07h00 | Nia Move It class with Janet | | 08h00 | Nia with Aurora | 08h00 | Nia with Tonia | 07h00 | Nia Move It class with Tonia | 08h00 | Nia with Isa | 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 Janet | **15h00 to** | **Nia for Kids programme** |  |  | 10h30 | Nia with Susan |  |  |
|  | NO YOGA` | | 18h00 | Nia with Janet | Focus | Chest | **16h00** | **with Danya** |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | | 19h15 | Dancing Divas | 18h15 | Nia with Karyn | 18h30 | Expressive Movement | 17h30 | FriYay Nia with Karyn |  |  |  |  |
| **Monday 15 October** | | | **Tuesday 16 October** | | **Wednesday 17 October** | | **Thursday 18 October** | | **Friday 19 October** | | **Saturday 20 October** | | **Sunday 21 October** | |
| 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 Anthea |  |  |
|  |  | |  |  | 17h00 | 5 Stages with Susan | **15h00 to** | **Nia for Kids programme** |  |  | 10h30 | Nia with Anthea |  |  |
| 16h45 | Hatha Yoga with Susan | | 18h00 | Nia with Janet | Focus | Psoas and the Stances | **16h00** | **with Danya** |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | | 19h15 | Dancing Divas | 18h15 | Nia with Susan | 18h30 | Expressive Movement |  |  |  |  |  |  |
| **Monday 22 October** | | | **Tuesday 23 October** | | **Wednesday 24 October** | | **Thursday 25 October** | | **Friday 26 October** | | **Saturday 27 October** | | **Sunday 28 October** | |
| 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 |  |  | 09h00 | Hatha Yoga with Anthea | **Join us for Avril’s 60th birthday class today**  **Stay for champagne and snacks afterwards.** | |
|  |  | |  |  | 17h00 | 5 Stages with Susan | **15h00 to** | **Nia for Kids programme** |  |  | 10h30 | Nia with Anthea |
| 16h45 | Hatha Yoga with Susan | | 18h00 | Nia with Janet | Focus | Skin | **16h00** | **with Danya** |  |  |  |  |
| 18h00 | Nia with Nicole S | | 19h15 | Dancing Divas | 18h15 | Nia with Susan | 18h30 | Expressive Movement | 17h30 | FriYay Nia with Aurora |  |  |  |  |
| **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 Anni | 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 | | 18h00 | Nia with Janet | Focus | Chakras and Crystal Bowls |  |  |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | | 19h15 | Dancing Divas | 18h15 | Nia with Susan | 18h30 | Expressive Movement |  |  |  |  |  |  |