



CLASS BOOKINGS

Nia with Susan 068 581 9495
 Yoga with Susan 083 306 3852
 Yoga (hybrid) with Claudia 074 101 9244
 Aikido with Matthew 079 258 4384

JANUARY 2025

Sign up for OUR DEBIT ORDER
 R1,000 per month

CLASS PRICES
Drop-in Nia: R150
Monthly Nia: R1,200
 Drop-in Yoga: R130
 Drop-in Aikido: R150

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OUR STUDIO IS OPEN FOR THE HOLIDAYS! WE WILL HAVE ONE CLASS A DAY FROM TUESDAY 17 DECEMBER 2024 TO SUNDAY 5 JANUARY 2025.
(all weekday morning classes will be at 09h00 during this time)

Please join Susan for an Explore and Discovery chat session with a welcome New Year mocktail on Saturday 11 January after class (11:45 to 12:30).
 Presentation by Susan with a Q&A to explore the Nia education journey and a discussion about the belts and why it's life-changing to dive in as a practitioner.

Monday 30 December	Tuesday 31 December	Wednesday 1 January	Thursday 2 January	Friday 3 January	Saturday 4 January	Sunday 5 January
09h00 Nia with Anni NO YOGA	09h00 Nia with Avril 17h00 Vinyasa Yoga (hybrid)	HAPPY NEW YEAR! STUDIO CLOSED TODAY	08h00 Yin Yoga (hybrid) 09h00 Nia with Claudia 18h30 Nia Moving to Heal with Jule (Zoom)	09h00 Nia with Avril NO NIA MOVING TO HEAL 16h00 Ashtanga Yoga (hybrid)	09h00 Vinyasa Yoga with Manya 10h30 Nia with Avril	08h00 Ashtanga Yoga (blue room) (hybrid) 08h00 Nia with Aurora
Monday 6 January	Tuesday 7 January	Wednesday 8 January	Thursday 9 January	Friday 10 January	Saturday 11 January	Sunday 12 January
08h00 Nia with Anni NO YOGA 18h00 Nia with Isa	08h00 Nia with Claudia 17h00 Vinyasa Yoga (hybrid) 18h00 Nia with Claudia 19h00 Aikido with Sensei Darko	07h30 Nia with Anni 09h15 Nia Moving to Heal (Isa)	08h00 Yin Yoga (hybrid) 09h00 Nia with Claudia 17h30 Nia with Anni 18h30 Nia Moving to Heal with Jule (Zoom) 19h00 Aikido with Sensei Darko	08h00 Nia with Isa NO NIA MOVING TO HEAL 16h00 Ashtanga Yoga (hybrid)	07h30 Aikido with Sensei Darko 09h00 Vinyasa Yoga with Manya 10h30 Nia with Susan 11h45 to 12h30 Explore and Discovery chat session with Susan	08h00 Ashtanga Yoga (blue room) (hybrid) 08h00 Nia with Aurora
Monday 13 January	Tuesday 14 January	Wednesday 15 January	Thursday 16 January	Friday 17 January	Saturday 18 January	Sunday 19 January
08h00 Nia with Anni 16h45 Hatha Yoga with Susan 18h00 Nia with Isa	08h00 Nia with Susan 17h00 Vinyasa Yoga (hybrid) 18h00 Nia with Avril 19h00 Aikido with Sensei Darko	07h30 Nia with Anni 09h15 Nia Moving to Heal (Isa) 17h30 Nia with Aurora	08h00 Yin Yoga (hybrid) 09h00 Nia with Claudia 17h30 Nia with Claudia 18h30 Nia Moving to Heal with Jule (Zoom) 19h00 Aikido with Sensei Darko	08h00 Nia with Susan 09h15 Nia Moving to Heal (Avril) 16h00 Ashtanga Yoga (hybrid)	07h30 Aikido with Sensei Darko 09h00 Vinyasa Yoga with Manya 10h30 Nia with Susan Art of Sensation training starts	Art of Sensation training 08h00 Ashtanga Yoga (blue room) (hybrid) 08h00 Nia with Susan
Monday 20 January	Tuesday 21 January	Wednesday 22 January	Thursday 23 January	Friday 24 January	Saturday 25 January	Sunday 26 January
Art of Sensation training 08h00 Nia 52 Moves with Susan 16h45 Hatha Yoga with Susan 18h00 Nia with Susan and Isa	Art of Sensation training 08h00 Nia 52 Moves with Susan 17h00 Vinyasa Yoga (hybrid) 18h00 Nia with Susan and Avril 19h00 Aikido with Sensei Darko	Art of Sensation training 07h30 Nia with Susan and Anni 09h15 Nia Moving to Heal (Isa) 17h30 Nia with Aurora	08h00 Yin Yoga (hybrid) 09h00 Nia with Claudia 17h30 Nia with Claudia 18h30 Nia Moving to Heal with Jule (Zoom) 19h00 Aikido with Sensei Darko	08h00 Nia with Susan 09h15 Nia Moving to Heal (Avril) 16h00 Ashtanga Yoga (hybrid)	07h30 Aikido with Sensei Darko 09h00 Vinyasa Yoga with Manya 10h30 Nia with Susan	08h00 Ashtanga Yoga (blue room) (hybrid) 08h00 Nia with Aurora
Monday 27 January	Tuesday 28 January	Wednesday 29 January	Thursday 30 January	Friday 31 January	Saturday 1 February	Sunday 2 February
08h00 Nia with Anni 16h45 Hatha Yoga with Susan 18h00 Nia with Isa	08h00 Nia with Susan 17h00 Vinyasa Yoga (hybrid) 18h00 Nia with Avril 19h00 Aikido with Sensei Darko	07h30 Nia with Anni 09h15 Nia Moving to Heal (Isa) 17h30 Nia with Claudia	08h00 Yin Yoga (hybrid) 09h00 Nia with Claudia 17h30 Nia with Angel 18h30 Nia Moving to Heal with Jule (Zoom) 19h00 Aikido with Sensei Darko	08h00 Nia with Susan 09h15 Nia Moving to Heal (Roxy) 16h00 Ashtanga Yoga (hybrid)	07h30 Aikido with Sensei Darko 09h00 Vinyasa Yoga with Manya 10h30 Nia with Susan	08h00 Ashtanga Yoga (blue room) (hybrid) 08h00 Nia with Aurora