



CLASS BOOKINGS

Nia with Kim 083 657 3377

Yoga with Susan 083 306 3852

Aikido with Matthew 079 258 4384

JULY 2024

**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

Drop-in Moving to Heal: chat to Kim

Kim: 083 657 3377

Susan: 011 325 5345

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Join Roxy for a Mums and Babes Nia class on **Tuesday 2 July and Tuesday 23 July** from 09:45 to 10:30.

Sunday 21 July, 09:30 to 11:30 – Nia teachers’ workshop: Music, for White Belt graduates. Aspiring teachers and current teachers who are ready to tap into delivering movement and magic from deeper whole-body listening. We’ll explore with the music of the latest Nia routine, “Connecting”. The cost is R250 per person.

Friday 26 July, 09:00 to 10:30 (includes the 08:00 classic Nia class or Nia Moving to Heal at 09:15). This will be the kick-off event to hear from Susan and Shereen about Kairos Wellness for those who work in small, medium, or large companies. It will be coffee and light breakfast offering to learn more about Nia, hear about Kairos Wellness, and meet Kim to hear about Kairos Recruitment.

Join Susan after the 08:00 class on **Tuesday 30 July** for a warm drink and a piece of cake to celebrate her birthday.

Monday 1 July	Tuesday 2 July	Wednesday 3 July	Thursday 4 July	Friday 5 July	Saturday 6 July	Sunday 7 July
08h00 Nia with Anni	08h00 Nia with Aurora 09h45 Mums and Babes Nia with Roxy	08h00 Nia with Anni 09h15 Nia Moving to Heal (Roxy)	08h00 Yin Yoga with Claudia 09h00 Nia with Claudia 17h30 Nia with Angel 17h30 Nia Moving to Heal with Jule (Zoom)	08h00 Nia with Angel 09h15 Nia Moving to Heal (Roxy)	07h30 Aikido with Sensei Darko 08h30 Art of Sensation training 09h00 Vinyasa Yoga with Manya (in the blue room)	08h00 Ashtanga Yoga with Claudia 08h00 Nia with Aurora
NO YOGA	18h00 Nia with Claudia				10h30 Nia with Susan	
18h00 Nia with Isa	19h00 Aikido with Sensei Darko	17h30 Nia with Aurora	19h00 Aikido with Sensei Darko	16h00 Vinyasa Yoga with Claudia		
Monday 8 July	Tuesday 9 July	Wednesday 10 July	Thursday 11 July	Friday 12 July	Saturday 13 July	Sunday 14 July
08h00 Nia with Anni	08h00 Nia with Susan	08h00 Nia with Anni 09h15 Nia Moving to Heal (Isa)	08h00 Yin Yoga with Claudia 09h00 Nia with Claudia 17h30 Nia with Angel 17h30 Nia Moving to Heal with Jule (Zoom)	08h00 Nia with Susan 09h15 Nia Moving to Heal (Avril)	07h30 Aikido with Sensei Darko 08h30 Art of Sensation training 09h00 Vinyasa Yoga with Manya (in the blue room)	08h00 Ashtanga Yoga with Claudia 08h00 Nia with Aurora
16h45 Hatha Yoga with Susan	18h00 Nia with Avril				10h30 Nia with Susan	
18h00 Nia with Isa	19h00 Aikido with Sensei Darko	17h30 Nia with Aurora	19h00 Aikido with Sensei Darko	16h00 Vinyasa Yoga with Claudia		
Monday 15 July	Tuesday 16 July	Wednesday 17 July	Thursday 18 July (Mandela Day)	Friday 19 July	Saturday 20 July	Sunday 21 July
08h00 Nia with Anni	08h00 Nia with Susan	08h00 Nia with Anni 09h15 Nia Moving to Heal (Isa)	08h00 Yin Yoga with Claudia 09h00 Nia with Claudia (67 minutes) 17h30 Nia with Angel (67 minutes)	08h00 Nia with Susan 09h15 Nia Moving to Heal (Susan)	07h30 Aikido with Sensei Darko 08h30 Art of Sensation training 09h00 Vinyasa Yoga with Manya (in the blue room)	08h00 Ashtanga Yoga with Claudia 08h00 Nia with Aurora
16h45 Hatha Yoga with Susan	18h00 Nia with Avril		17h30 Nia Moving to Heal with Jule (Zoom)			09h30 to 11h30 Nia Teachers' Workshop with Susan
18h00 Nia with Isa	19h00 Aikido with Sensei Darko	17h30 Nia with Aurora	19h00 Aikido with Sensei Darko	16h00 Vinyasa Yoga with Claudia	10h30 Nia with Susan	
Monday 22 July	Tuesday 23 July	Wednesday 24 July	Thursday 25 July	Friday 26 July	Saturday 27 July	Sunday 28 July
08h00 Nia with Anni	08h00 Nia with Susan 09h45 Mums and Babes Nia with Roxy	08h00 Nia with Anni 09h15 Nia Moving to Heal (Isa)	08h00 Yin Yoga with Susan 09h00 Nia with Susan 17h30 Nia with Angel 17h30 Nia Moving to Heal with Jule (Zoom)	08h00 Nia with Susan 09h15 Nia Moving to Heal (Avril) 09h00 to 10h30 Corporate Wellness Event with Susan and Shereen	07h30 Aikido with Sensei Darko 08h30 Art of Sensation training 09h00 Vinyasa Yoga with Manya (in the blue room)	08h00 Ashtanga Yoga with Claudia 08h00 Nia with Aurora
16h45 Hatha Yoga with Susan	18h00 Nia with Avril					
18h00 Nia with Isa	19h00 Aikido with Sensei Darko	17h30 Nia with Aurora	19h00 Aikido with Sensei Darko	16h00 Vinyasa Yoga with Manya	10h30 Nia with Susan	
Monday 29 July	Tuesday 30 July	Wednesday 31 July	Thursday 1 August	Friday 2 August	Saturday 3 August	Sunday 4 August
08h00 Nia with Anni	08h00 Nia with Susan Join Susan after class to celebrate her birthday	08h00 Nia with Anni 09h15 Nia Moving to Heal (Isa)	08h00 Yin Yoga with Susan 09h00 Nia with Susan 17h30 Nia with Angel 17h30 Nia Moving to Heal with Jule (Zoom)	08h00 Nia with Susan 09h15 Nia Moving to Heal (Avril)	07h30 Aikido with Sensei Darko 08h30 Art of Sensation training 09h00 Vinyasa Yoga with Manya (in the blue room)	08h00 Vinyasa Yoga with Manya 08h00 Nia with Aurora
16h45 Hatha Yoga with Susan	18h00 Nia with Avril					
18h00 Nia with Isa	19h00 Aikido with Sensei Darko	17h30 Nia with Aurora	19h00 Aikido with Sensei Darko	16h00 Vinyasa Yoga with Manya	10h30 Nia with Susan	