



**CLASS BOOKINGS**

Nia with Susan 068 581 9495

Yoga with Susan 083 306 3852

Aikido with Matthew 079 258 4384

# NOVEMBER 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**

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**STUDIO KAIROS IS TURNING 21 THIS MONTH! PLEASE JOIN US AT OUR CELEBRATIONS ON FRIDAY 29 NOVEMBER AT 18H00 FOR A SPECIAL HEADSET CLASS WITH SUSAN AND CECILE**  
**As this is an extra event and not part of the monthly class schedule, all students will pay the drop-in rate of R175 (which includes head set hire). Booking is essential! To book your head set, call 068 581 9495.**

Join Susan for a Mindful Friday coffee event after the 08h00 class on Friday 1 November (09h15 to 10h30). The guest speaker is Angela Hardy of Cloud 9 – personal transformational coach, kinesiologist/NLP, and mind ninja. Working with individuals to find true emotional freedom by changing their internal programmes revealing the power and connection between thoughts and emotions to change your life.

|       | Monday 28 October     | Tuesday 29 October   | Wednesday 30 October                                  | Thursday 31 October   | Friday 1 November  | Saturday 2 November  | Sunday 3 November  |
|-------|-----------------------|--|---|---|--|--|--|
| 08h00 | Nia with Anni         | 08h00 Nia with Susan<br>09h45 Mums and Babes Nia with Roxy | 07h30 Nia with Anni<br>09h15 Nia Moving to Heal (Isa) | 08h00 Yin Yoga with Claudia<br>09h00 Nia with Claudia<br>17h30 Nia with Angel                   | 08h00 Nia with Susan<br>09h15 Nia Moving to Heal (Roxy)<br><b>09h30 MINDFUL FRIDAYS WITH SUSAN</b><br><b>16h00 to FREE ASHTANGA YOGA EVENT</b><br><b>17h30 (with meditation and tea)</b> | 07h30 Aikido with Sensei Darko<br>09h00 Vinyasa Yoga with Manya<br>10h30 Nia with Susan  | 08h00 Ashtanga Yoga with Claudia (in the blue room)<br>08h00 Nia with Aurora   |
| 16h45 | Hatha Yoga with Susan | <b>18h00 Nia with Avril (BIRTHDAY)</b>                     |   | 17h30 Nia Moving to Heal with Jule (Zoom)   |  |  |  |
| 18h00 | Nia with Claudia      | 19h00 Aikido with Sensei Darko                             | 17h30 Nia with Aurora                                 | 19h00 Aikido with Sensei Darko  | 17h00 Nia for men (45-minute class)  |  |  |
|       | Monday 4 November     | Tuesday 6 November   | Wednesday 7 November                                  | Thursday 8 November   | Friday 9 November  | Saturday 2 November  | Sunday 10 November   |
| 08h00 | Nia with Anni         | 08h00 Nia with Susan                                       | 07h30 Nia with Anni<br>09h15 Nia Moving to Heal (Isa) | 08h00 Yin Yoga with Claudia<br>09h00 Nia with Claudia<br>17h30 Nia with Angel                   | 08h00 Nia with Susan<br>09h15 Nia Moving to Heal (Avril)   | 07h30 Aikido with Sensei Darko<br>09h00 Vinyasa Yoga with Manya<br>10h30 Nia with Susan  | 08h00 Ashtanga Yoga with Claudia (in the blue room)<br>08h00 Nia with Aurora   |
| 16h45 | Hatha Yoga with Susan | 18h00 Nia with Avril                                       |   | 18h30 Nia Moving to Heal with Jule (Zoom)   | 16h00 Ashtanga Yoga with Claudia   |  |  |
| 18h00 | Nia with Isa          | 19h00 Aikido with Sensei Darko                             | 17h30 Nia with Aurora                                 | 19h00 Aikido with Sensei Darko  | 17h00 Nia for men (45-minute class)  |  |  |
|       | Monday 11 November    | Tuesday 12 November  | Wednesday 13 November                                 | Thursday 14 November  | Friday 15 November   | Saturday 16 November   | Sunday 17 November   |
| 08h00 | Nia with Anni         | 08h00 Nia with Susan<br>09h45 Mums and Babes Nia with Roxy | 07h30 Nia with Anni<br>09h15 Nia Moving to Heal (Isa) | 08h00 Yin Yoga with Claudia<br>09h00 Nia with Claudia<br><b>Discovery Vitality Health Check</b> | 08h00 Nia with Susan<br>09h15 Nia Moving to Heal (Avril)   | 07h30 Aikido with Sensei Darko<br>09h00 Vinyasa Yoga with Manya<br>10h30 Nia with Susan  | 08h00 Ashtanga Yoga with Claudia (in the blue room)<br>08h00 Nia with Aurora<br><b>It's the 94.7 Ride Joburg race. Please check the route map so you can get to class today.</b> |
| 16h45 | Hatha Yoga with Susan | 18h00 Nia with Avril                                       |   | 17h30 Nia with Angel<br>18h30 Nia Moving to Heal with Jule (Zoom)                               | 16h00 Ashtanga Yoga with Claudia   |  |  |
| 18h00 | Nia with Isa          | 19h00 Aikido with Sensei Darko                             | 17h30 Nia with Aurora                                 | 19h00 Aikido with Sensei Darko  | 17h00 Nia for men (45-minute class)  |  |  |
|       | Monday 18 November    | Tuesday 19 November  | Wednesday 20 November                                 | Thursday 21 November  | Friday 22 November   | Saturday 23 November   | Sunday 24 November   |
| 08h00 | Nia with Anni         | 08h00 Nia with Susan                                       | 07h30 Nia with Anni<br>09h15 Nia Moving to Heal (Isa) | 08h00 Yin Yoga with Claudia<br>09h00 Nia with Claudia<br>17h30 Nia with Angel                   | 08h00 Nia with Claudia<br>09h15 Nia Moving to Heal (Isa)   | 07h30 Aikido with Sensei Darko<br>09h00 Vinyasa Yoga with Manya<br>10h30 Nia with Angel  | 08h00 Ashtanga Yoga with Claudia (in the blue room)<br>08h00 Nia with Aurora   |
| 16h45 | Hatha Yoga with Susan | 18h00 Nia with Avril                                       |   | 18h30 Nia Moving to Heal with Jule (Zoom)   | 16h00 Ashtanga Yoga with Claudia   |  |  |
| 18h00 | Nia with Isa          | 19h00 Aikido with Sensei Darko                             | 17h30 Nia with Aurora                                 | 19h00 Aikido with Sensei Darko  | 17h00 Nia for men (45-minute class)  |  |  |
|       | Monday 25 November    | Tuesday 26 November  | Wednesday 27 November                                 | Thursday 28 November  | Friday 29 November (Black Friday)  | Saturday 30 November   | Sunday 1 December  |
| 08h00 | Nia with Anni         | 08h00 Nia with Susan<br>09h45 Mums and Babes Nia with Roxy | 07h30 Nia with Anni<br>09h15 Nia Moving to Heal (Isa) | 08h00 Yin Yoga with Claudia<br>09h00 Nia with Claudia<br>17h30 Nia with Angel                   | 08h00 Nia with Susan<br>09h15 Nia Moving to Heal (Roxy)<br><b>The 08h00 and 09h15 classes today are R70!</b>   | 07h30 Aikido with Sensei Darko<br>09h00 Vinyasa Yoga with Manya<br>10h30 Nia with Aurora | 08h00 Ashtanga Yoga with Claudia (in the blue room)<br>08h00 Nia with Aurora   |
| 16h45 | Hatha Yoga with sub   | 18h00 Nia with Claudia                                     |   | 18h30 Nia Moving to Heal with Jule (Zoom)   | 16h00 Ashtanga Yoga with Claudia<br>17h00 Nia for men (45-minute class)  |  |  |
| 18h00 | Nia with Isa          | 19h00 Aikido with Sensei Darko                             | 17h30 Nia with Aurora                                 | 19h00 Aikido with Sensei Darko  | <b>18h00 Birthday headset class (R25 extra)</b>  |  |  |