

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sunday 1 9.30am: Nicci	3 9.15am: Dee 6.00pm: Jenny	4 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	5 9.15am: NO CLASS 6.00pm: Nicci	6 9.15am: Sarah 6pm: Freedance * *ONLINE ONLY	7 9.30am: Nicci	8 9.30am: Nicci
Monday 2 9.30am: Nicci PUBLIC HOLIDAY						
9 9.15am: NO CLASS 6.00pm: Nicci	10 9.15am: Dee 6.00pm: Jenny	11 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	12 9.15am: NO CLASS 6.00pm: Nicci	13 * 9.15am: Jule	14 * 9.30am: Jule	15 * 9.30am: Jule
				 Guest Classes with Jule Aguirre from Dallas, Texas NIA MOVING TO HEAL CLASSES *		
16 9.15am: NO CLASS 6.00pm: Nicci	17 9.15am: Dee 6.00pm: Jenny *Moving to Heal	18 7.00am: Nicci 6.00pm: NO CLASS 5 STAGES CLASS	19 9.15am: NO CLASS 6.00pm: Nicci	20 9.15am: Lizl 6pm: Freedance * *ONLINE ONLY	21 9.30am: Nicci	22 9.30am: Nicci
23 9.15am: Nicci 6.00pm: NO CLASS	24 9.15am: Dee 6.00pm: Jenny	25 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	26 9.15am: NO CLASS 6.00pm: Nicci	27 9.15am: Sarah	28 9.30am: Nicci	29 9.30am: Shelley
30 9.15am: NO CLASS 6.00pm: Nicci	31 9.15am: Dee 6.00pm: Jenny *Moving to Heal					

ALL CLASSES ARE IN-PERSON + STREAMING ONLINE UNLESS WHERE NOTED OTHERWISE *

