



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	2 9.15am: NO CLASS 6.00pm: Nicci	3 9.15am: Sarah	4 9.30am: Nicci	5 9.30am: Nicci
6 9.15am: NO CLASS 6.00pm: Nicci	7 9.15am: Dee 6.00pm: Jenny * *Moving to Heal	8 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	9 9.15am: NO CLASS 6.00pm: Nicci	10 9.15am: Sarah 6pm: Freedance * *ONLINE ONLY	11 9.30am: Jenny * *Moving to Heal ★ New to Nla 11 - 12.30pm	12 9.30am: Nicci
13 9.15am: NO CLASS 6.00pm: Nicci	14 9.15am: Dee 6.00pm: Jenny * *Moving to Heal	15 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	16  NIA JAM 9.30 - 10.45am ★ PUBLIC HOLIDAY	17 9.15am: Sarah	18 9.30am: Nicci	19 9.30am: Jenny
20 9.15am: NO CLASS 6.00pm: Nicci	21 9.15am: Lizl 6.00pm: Jenny * *Moving to Heal	22 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	23 9.15am: NO CLASS 6.00pm: Nicci	24 9.15am: Lizl 6pm: Freedance * *ONLINE ONLY	25 9.30am: Nicci	26 9.30am: Shelley
27 9.15am: NO CLASS 6.00pm: Nicci	28 9.15am: Lizl 6.00pm: Jenny * *Moving to Heal	29 7.00am: Nicci 6.00pm: NO CLASS 5 STAGES CLASS	30 9.15am: NO CLASS 6.00pm: Nicci	ALL CLASSES ARE IN-PERSON + STREAMING ONLINE UNLESS WHERE NOTED OTHERWISE Sign up for an online class: info@niasouthafrica.co.za		