




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	1 9.15am: Dee 6.00pm: Jenny	2 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	3 9.15am: NO CLASS 6.00pm: Nicci	4 9.15am: Hanri 6pm: Freedance * *ONLINE ONLY	5 9.30am: Hanri LIVE in studio ONLINE: Shelley	6 9.30am: Nicci	
7 9.15am: NO CLASS 6.00pm: Nicci	8 9.15am: Dee 6.00pm: Jenny *Nia Moving to Heal Class	9 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	10 9.15am: NO CLASS 6.00pm: Nicci	11 9.15am: Hanri 6pm: Freedance * *ONLINE ONLY	12 9.30am: Hanri LIVE in studio ONLINE: Zoe	13 9.30am: Nicci	
14 9.15am: NO CLASS 6.00pm: Nicci	15 9.15am: Joycelyn 6.00pm: Jenny	 NIA JAM 16 9.15am - 10.30am: Live and Online ★PUBLIC HOLIDAY	17 9.15am: NO CLASS 6.00pm: NO CLASS THIS WEEK **	18 9.15am: Gail 6pm: NO ONLINE FREEDANCE	19 9.30am: Jenny* *Nia Moving to Heal Class ONLINE: Zoe	20 9.30am: Jenny	
21 9.15am: NO CLASS 6.00pm: Nicci	22 9.15am: Joycelyn 6.00pm: Jenny *Nia Moving to Heal Class	23 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	24 9.15am: NO CLASS 6.00pm: Nicci	25 9.15am: Hanri 6pm: Freedance * *ONLINE ONLY	26 9.30am: Hanri ONLINE: Zoe	27 9.30am: Nicci	
28 9.15am: NO CLASS 6.00pm: Nicci	29 9.15am: Joycelyn 6.00pm: Jenny	30 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY		ALL CLASSES ARE IN-PERSON + STREAMING ONLINE UNLESS WHERE NOTED OTHERWISE *			