



CELEBRATING FREEDOM

September 2020

Nia and TRE Schedule

While SA is still in lockdown, 1 class will take place via Zoom on Thursdays .
 Classes and recordings thereof, by donation if you can pay. Free if you cannot.
 50 percent of proceeds will go towards supporting a human or animal feeding scheme till the end of lockdown.

MON	TUES	WED	THU	FRI	SAT	SUN
7.00 pm via Zoom	9.15 am The Studio, Glencairn		9.00 am via Zoom		9.15 am The Body Studio, Hout Bay	
			03 Tania		05 Tania	
	08 Tania		10 Tania		12 Tania	
14 TRE Group Class Tania	15 Tania		17 Tania		19 Tania	
	22 NO CLASS		24 NO CLASS		26 NO CLASS	
	29 NO CLASS					

Tania Bownes 083 3266352
 taniab@celebratingfreedom.co.za www.celebratingfreedom.co.za