



**CELEBRATING FREEDOM**  
**November 2023**  
 Nia and TRE Schedule



MON	TUE	WED 11 am - 12 pm Kalk Bay Community Centre, Main Road, Kalk Bay	THU	FRI	SAT 9.15 - 10.30 am Ballet Studio, The Promenade, Hout Bay (Above Pool Shop)	SUN 5 - 6.30 pm The Studio, Eat Surf Yoga, Glen Road, Glencairn
		<b>NIA</b>			<b>NIA</b>	<b>NIA/TRE</b>
		01 Tania			04 Tania	05 5 - 6.30 pm TRE GROUP CLASS
		08 Tania			11 Tania	
		15 NO CLASS			18 Joycelyn	
		22 NO CLASS			25 Joycelyn	
		29 Tania				

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 Payment to: Nia Hout Bay, Nedbank Hout Bay, Current 1676 035532 Ref:  
 Your name and class date