



CELEBRATING FREEDOM
January 2025
 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 5.15 - 7.00 pm Eat Surf Yoga, Glencairn (next door to the Glencairn Hotel)
		NIA			NIA	
		01 NO CLASS			4 Tania	
		08 NO CLASS			11 Tania	
		15 Tania			18 Tania	
		22 Tania			25 Tania	26 TRE GROUP CLASS Tania
		29 Tania				

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