




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 7.00am: Nicci <div style="border: 1px solid black; padding: 2px;">*ONLINE ONLY: 6.00pm: 5 Stages</div>	2 9.15am: NO CLASS 6.00pm: Nicci	3 9.15am: Hanri	4 9.30am: Hanri	5 9.30am: Nicci
<i>Exhale ...</i>						
6 9.15am: NO CLASS 6.00pm: Nicci	7 9.15am: Dee 6.00pm: Jenny * *Moving to Heal	8 7.00am: Nicci <div style="border: 1px solid black; padding: 2px;">*ONLINE ONLY: 6.00pm: 5 Stages</div>	9 9.15am: NO CLASS 6.00pm: Nicci	10 9.15am: Hanri	11  9.30am: Hanri <div style="border: 1px solid black; padding: 2px;">POP-UP IN PERSON NIA FIVE STAGES OF HEALING ★ 11am - 12.30pm</div>	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 <div style="border: 1px solid black; padding: 2px;">** NO ONLINE FIVE STAGES CLASS</div>	16 9.15am: NO CLASS 6.00pm: Nicci	17 9.15am: Hanri	18 9.30am: Hanri	19 9.30am: Shelley
20 9.15am: NO CLASS 6.00pm: Nicci	21 9.15am: Dee 6.00pm: Jenny * *Moving to Heal	22 7.00am: Nicci <div style="border: 1px solid black; padding: 2px;">*ONLINE ONLY: 6.00pm: 5 Stages</div>	23 9.15am: NO CLASS 6.00pm: Nicci	24 9.15am: Hanri <div style="border: 1px solid black; padding: 2px;">*IN-STUDIO+ONLINE 6.00pm: Freedance</div>	25 9.30am: Hanri	26 9.30am: Nicci
27 9.15am: NO CLASS 6.00pm: Nicci	28 9.15am: Dee 6.00pm: Jenny * *Moving to Heal	29 7.00am: Nicci <div style="border: 1px solid black; padding: 2px;">*ONLINE ONLY: 6.00pm: 5 Stages</div>	30 9.15am: NO CLASS 6.00pm: Nicci			