

Nia Events in Phoenix, Nov. 6-13, 2011

With Loretta Milo, Nia Trainer & Nia Black Belt

Nia White Belt Intensive, November 6-12, details at
www.nianow.com/loretta-milo



CLASSES:

Monday, Nov. 7, 6 PM, FUMC (\$10)

Tuesday, Nov. 8, 5:30 PM, FUMC (\$10)

Wednesday, Nov. 9, 5:30 PM, FUMC (\$10)

Thursday, Nov. 10, 5:30 PM, FUMC (\$10)

Friday, Nov. 11, 6:00 PM Equilibrium Studio
(\$15 or \$25 for Fri & Sun)

Sunday, Nov. 13, 9:00 AM Equilibrium Studio
(\$15 or \$25 for Fri & Sun)

Sunday, Nov. 13, 10:30 AM at Equilibrium
(FOR WHITE BELT GRADS ONLY)

Tips & Tricks for Belt Grads (by donation)

LOCATIONS:

Equilibrium Studio, 802 W. Osborn
NW corner of Osborn and 7th Ave

FUMC, First United Methodist Church rm 114
5510 North Central Avenue at Missouri

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