

Rhythmic Rainbow Studio

~ move your body ~



~ feed your soul ~

416.727.8709

www.rhythmicrainbow.ca





175 Birmingham Street
Etobicoke, Ontario M8V 3Z7

FEATURING

The  **Nia** Technique

with *Barbara Ades*

The Nia Technique is a revolutionary way to get fit using movements from the Martial Arts, Dance Arts and Healing Arts. Follow the pleasure principle: if it feels good do it; if it doesn't, stop. Cardiovascular, healing, Nia is a structured yet creative way to move your body like you've never moved it before!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	9:30 – 10:45 Iyengar Yoga with Maryna★	9:30 – 10:45  Nia with Barbara			9:15 – 10:25 All Levels Yoga with Briar ★	10:00 – 11:15  Nia with Barbara	9:00 – 10:15 Iyengar Yoga with Richard ★
AFT					12:00 – 1:15 Iyengar Yoga with Maryna★		11:00 – 12:15 Iyengar Yoga with Maryna★
P.M.	6:30 – 7:45  Nia MOVE IT with Barbara	6:15 - 7:15 Pilates Mat with Maria★	6:30 – 7:45  Nia with Barbara	6:30 – 7:30 Mat 3 Pilates with Maria ★	Pending registration! 6:30 – 7:30 Indian Classical Dance (Bharatanatyam) with Dhara ★		
	8:00 – 9:00 Kettlebell with Julie★		8:00 – 9:00 Karate with Ken★	8:00 – 9:00 Ballet Women's Beginners with Alisa★			

★ To register, contact the instructor directly - ★ registration required

NIA	Barbara barbaraades@rhythmicrainbow.ca 416-727-8709	PILATES	Maria mariafern@hotmail.ca 416-769-0263
HATHA YOGA	Briar briar.boake@sympatico.ca 416-259-8669	KARATE	Ken ken@cosway.ca 416-717-8455
IYENGAR YOGA	Richard 416-818-8250	KETTLEBELL	Julie jnorthrup@hotmail.ca 416-503-4647
IYENGAR YOGA	Maryna millyashenko@gmail.com 416-252-4126	INDIAN CLASSICAL DANCE	Dhara dharamajmundar@gmail.com 437-928-5546
BALLET WOMEN'S BEGINNER	Alisa alisawalton@bell.net 416-697-3501		