

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 ★ | 6:30 – 7:30 Indian Classical Dance (Bharatanatyam) with Dhara All ages welcome! | | |
| | 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 | | |