

Nia Class Schedule

Monday - Friday

5:45 - 6:45pm

Saturday - Sunday

10:15 - 11:15am

NiaLab Saturday

9:00 - 10:00 am

More Information

Call: (503) 227-3578

Visit: www.nia-nia.com

new students only

Experience your body from the inside out.
Well-being fitness, The Body's Way.

**TWO WEEKS
FREE!**

STUDIONia

Nia's International Training Center
918 SW Yamhill 4th floor, Portland, OR 97205



Two Weeks FREE!

To Redeem your Two Weeks Free class card,
simply print out this page, cut out the card and
present it at StudioNia.

*Offer only valid to new students at StudioNia in Portland, Oregon.