

Ripina Yoga and Dance Timetable 2018

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6 am							
:15							
:30							
:45							
7 am							
:15							
:30							
:45							
8 am						Level 1 Ms Anna 8-9 am	Level 1 Ms Traudy 8.30-9.30 am
:15							
:30							
:45							
9 am	General Mr Raju 9 - 10 am						
:15							
:30							
:45							
10 am		Beginners/ level 1 Ms Traudy 9.30-10h30	Barre Attack Ms Anna 9.30-10h30	Beginner/ Level 1 Ms Traudy 9.30-10h30	Beginners/ Level 1 Mr Vien 9.30-10h30	Primary Hip Hop 9.30-10.30 am	Teenagers/Adult Hip Hop 10-11 am
:15							
:30							
:45							
11 am						Level 1 Hip Hop 10.30-11.30 am	Kinder Hip Hop 11-11.45 am
:15							
:30							
:45							
12 pm						Kinder Hiphop 11.30 - 12.15 noon	Gymnastic 12 - 1 pm
:15							
:30							
:45							
1 pm						Primary Hip Hop 12.30-1.30 pm	Baby Ballet 1.15-2pm
:15							
:30							
:45							
2 pm						Kinder Hip Hop 1.30-2.15 pm	Musical Theater 2-3 pm
:15							
:30							
:45							
3 pm						Baby Ballet Beginners 2.15 pm to 3 pm	FINISH
:15							
:30							
:45							
4 pm						Kinder Ballet 3-3.45pm	
:15							
:30							
:45							
5 pm	Beginners/ level 1 Ms Simone 4.30-5.30 pm	Grade 1 Jazz 4 to 5 pm	Contemporary 4 to 5 pm	Kinder Hip Hop 4 to 4.45 pm	Baby Ballet 4 to 4.45 pm	Primary Ballet 4-5pm	
:15							
:30							
:45							
6 pm		Kinder Ballet 5 to 6 pm	Jazz/Funk/Hiphop 5 to 6 pm	Primary Hip Hop 4.45pm-5.45pm	Primary Hip Hop 5- 6 pm	Grade 1 Ballet 5-6pm	
:15							
:30							
:45							
7 pm	Beginner/ Level 1 Ms Simone 6.30-7.30 pm	Barre Attack Ms Anna 6.30-7.30 pm	Beginner/ Level 1 Ms Simone 6h30-7h30	Beginner/ Level 1 Ms Traudy 6-7pm	Restorative Yoga General Ms Anna 6.30-7h30 pm	Grade 1 Jazz 6-7 pm	
:15							
:30							
:45							
8 pm	Beginner/ Level1 Ms Simone 7.30-8.30 pm		Beginner/ Level1 Ms Simone 7.30-8.30	Grade 1 Ballet 7 pm to 8 pm	Zumba 7.30- 8.30 pm	Grade 2 Jazz 7-8 pm	
:15							
:30							

Notations:	YOGA	DANCE	
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