

# TIMETABLE

MON	TUES	WED	THURS	FRI
<b>9am - 10.30am</b> Mindful Stretch & Flow	<b>9am - 10:30am</b> Nourish & Restore	<b>9am - 10.30am</b> Nourish & Restore	<b>9am - 10.30am</b> Mindful Stretch & Flow	
	<b>6:30 -7:30pm</b> Stretch, Strengthen & Reconnect	<b>5:45 - 7pm</b> Mid-week Replenish	<b>6:30 -7:30pm</b> Hips, Hamstrings, Chest & Shoulders Open & Relax	

**In-Studio Class**

**NOTE: Classes require a  
minimum of 2 bookings**

[www.ripple yoga.com.au](http://www.ripple yoga.com.au)

**ripple yoga**  
*.....create your ripple*