

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Ride-Core-Stretch 5:30pm (60 min)	Ritual Ride 7am (30 min)  Mama 'N Me Safe Exercise Class 12pm (60 min)  WAAC Dryland 4pm	Ritual Ride 11am (45 min)
4	5	6	7	8	9	10
<b>no classes today</b>	Yin Yoga 5:30pm (60 min)	Mama 'N Me Safe Exercise Class 12pm (60 min)  Ritual Ride 5pm (30 min)  Ladies Run Group 6pm	Ritual Ride 5pm (30 min)  Intermediate Strength Class 6pm (45 min)	Ride-Core-Stretch 5:30pm (60 min)	Ritual Ride 7am (30 min)  Mama 'N Me Safe Exercise Class 12pm (60 min)  WAAC Dryland 4pm	Ritual Ride 11am (45 min)
11	12	13	14	15	16	17
<b>no classes today</b>	Yin Yoga 5:30pm (60 min)	Mama 'N Me Safe Exercise Class 12pm (60 min)  Ritual Ride 5pm (30 min)  Ladies Run Group 6pm	Ritual Ride 5pm (30 min)  Intermediate Strength Class 6pm (45 min)	Ride-Core-Stretch 5:30pm (60 min)	Ritual Ride 7am (30 min)  Mama 'N Me Safe Exercise Class 12pm (60 min)	Ritual Ride 11am (45 min)
18	19	20	21	22	23	24
<b>no classes today</b>	Yin Yoga 5:30pm (60 min)	Mama 'N Me Safe Exercise Class 12pm (60 min)  Ritual Ride 5pm (30 min)  Ladies Run Group 6pm	Ritual Ride 5pm (30 min)  Intermediate Strength Class 6pm (45 min)	Ride-Core-Stretch 5:30pm (60 min)	Ritual Ride 7am (30 min)  Mama 'N Me Safe Exercise Class 12pm (60 min)  WAAC Dryland 4pm  <b>Wine &amp; Flow 7pm</b>	Ritual Ride 11am (45 min)
25	26	27	28	29	30	

no classes today	Yin Yoga 5:30pm (60 min)	Mama 'N Me Safe Exercise Class 12pm (60 min)  Ritual Ride 5pm (30 min)  Ladies Run Group 6pm	Ritual Ride 5pm (30 min)  Intermediate Strength Class 6pm (45 min)	Ride-Core-Stretch 5:30pm (60 min)	Ritual Ride 7am (30 min)  Mama 'N Me Safe Exercise Class 12pm (60 min)  WAAC Dryland 4pm	
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**Pricing:**  
 \$10 classes: Mama 'N Me  
 \$12 classes: Ritual Ride 30  
 \$15 classes: Ritual Ride 45, Intermediate Strength, Yin Yoga, Ride-Core-Stretch