

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	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)	Mama 'N Me Safe Exercise Class 12pm (60 min) WAAC Dryland 4pm	Ritual Ride 11am THANKSGIVING EDITION! (45 min)
7	8	9	10	11	12	13
HAPPY THANKSGIVING! no classes today	HAPPY THANKSGIVING! no classes today	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)	Mama 'N Me Safe Exercise Class 12pm (60 min) WAAC Dryland 4pm	Ritual Ride 11am (45 min)
14	15	16	17	18	19	20
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)	Mama 'N Me Safe Exercise Class 12pm (60 min) WAAC Dryland 4pm Wine & Flow 7pm	Ritual Ride 11am (45 min)
21	22	23	24	25	26	27
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)	Mama 'N Me Safe Exercise Class 12pm (60 min) WAAC Dryland 4pm	Ritual Ride 11am (45 min)
28	29	30	31	1	2	3

<p>no classes today</p>	<p>Yin Yoga 5:30pm (60 min)</p>	<p>Mama 'N Me Safe Exercise Class 12pm HALLOWEEN EDITION! (60 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>Ladies Run Group 6pm</p>	<p>HAPPY HALLOWEEN!</p> <p>Ritual Ride 5pm (30 min)</p> <p>Intermediate Strength Class 6pm (45 min)</p>	<p>Ride-Core-Stretch 5:30pm (60 min)</p>	<p>Mama 'N Me Safe Exercise Class 12pm HALLOWEEN EDITION! (60 min)</p> <p>WAAC Dryland 4pm</p>	<p>Ritual Ride 11am (45 min)</p>
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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