January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Ritual Ride 7am (30 min)	5
		Happy New York	Lunch Yoga Flow 12pm (45-60 min) Ritual Ride 5pm (30 min)	Ride Circuit Stretch 5:30pm (60 min) Setting Intentions for 2019 ONLINE	Gentle Yoga 10:30am (60 min) Mama 'N Me Safe Exercise Class 12pm (60 min) WAAC Dryland 4pm	Ritual Ride 11am (45 min)
		Happy New Year! Ritual Studio Closed	Setting Intentions for 2019 Workshop 7pm	Workshop 7pm	(60 min)	
6	7	Ritual Ride 7am (30 min)	9	10	Ritual Ride 7am (30 min) Gentle Yoga 10:30am	12
Fresh Self Wellness Program Begins Day 1		Mama 'N Me Safe Exercise Class 12pm (60 min) Ritual Ride 5pm	Lunch Yoga Flow 12pm (45-60 min) Ritual Ride 5pm		(60 min) Mama 'N Me Safe Exercise Class 12pm (60 min)	Ritual Ride 11am (45 min)
	Yin Yoga 5:30pm (60 min)	(30 min) All Levels Circuit 6pm (60 min)	(30 min) Strength Training 6pm (45 min)	Ride Circuit Stretch 5:30pm (60 min)	WAAC Dryland 4pm (60 min) Wine & Flow 7pm	
	Fresh Self Wellness Day	Fresh Self Wellness Day	Fresh Self Wellness Day	Fresh Self Wellness Day 5	Fresh Self Wellness Day	Fresh Self Wellness Day
13	14	15	16	17	18	19
		Ritual Ride 7am (30 min)			Ritual Ride 7am (30 min)	
Fresh Self		Mama 'N Me Safe Exercise Class 12pm (60 min)	Lunch Yoga Flow 12pm (45-60 min)		Gentle Yoga 10:30am (60 min)	Ritual Ride 11am
Wellness Program Day 8		Ritual Ride 5pm (30 min)	Ritual Ride 5pm (30 min)	Ride Circuit Stretch	Mama 'N Me Safe Exercise Class 12pm (60 min)	(45 min)
	Yin Yoga 5:30pm (60 min)	All Levels Circuit 6pm (60 min)	Strength Training 6pm (45 min)	5:30pm (60 min)	WAAC Dryland 4pm (60 min)	
	Fresh Self Wellness Day 9	Fresh Self Wellness Day 10	Fresh Self Wellness Day 11	Fresh Self Wellness Day 12	Fresh Self Wellness Day 13	Fresh Self Wellness Day 14
20	21	22	23	24	25	26
no classes today		Ritual Ride 7am (30 min)			Ritual Ride 7am (30 min)	
		Mama 'N Me Safe Exercise Class 12pm (60 min)	Lunch Yoga Flow 12pm (45-60 min)		Gentle Yoga 10:30am (60 min)	Ritual Ride 11am
		Ritual Ride 5pm (30 min)	Ritual Ride 5pm (30 min)	Ride Circuit Stretch	Mama 'N Me Safe Exercise Class 12pm (60 min)	(45 min)
	Yin Yoga 5:30pm (60 min)	All Levels Circuit 6pm (60 min)	Strength Training 6pm (45 min)	5:30pm (60 min)	WAAC Dryland 4pm (60 min)	
27	28	29	30	31		
no classes today		Ritual Ride 7am (30 min)				
		Mama 'N Me Safe Exercise Class 12pm (60 min)	Lunch Yoga Flow 12pm (45-60 min)			
		Ritual Ride 5pm (30 min)	Ritual Ride 5pm (30 min)	Ride Circuit Stretch		
	Yin Yoga 5:30pm (60 min)	All Levels Circuit 6pm (60 min)	Strength Training 6pm (45 min)	5:30pm (60 min)		