

January 2019

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