

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Ritual Ride 7am (30 min) Karli  Gentle Yoga 10:30am (60 min) Dina  Mama 'N Me Safe Exercise Class 1pm (60 min) Dina  WAAC Dryland 4pm (60 min) Karli	Ride Circuit 9:45am (60 min) Karli  Ritual Ride 11am (45 min) Shelby
3	4	5	6	7	8	9
	Yin Yoga 5:30pm (60 min) Karli	Ritual Ride 7am (30 min) Karli  Mama 'N Me Safe Exercise Class 12pm (60 min) Dina  Ride Circuit 5:30pm (60 min) Dina	Lunch Yoga Flow 12pm (45-60 min) Renée  Ritual Ride 5pm (30 min) Renée  Strength Training 6pm (45 min) Renée 1	Ride Circuit Yoga 5:30pm (60 min) Renée  Yoga at Humane Society 7pm (60 min) Renée	Ritual Ride 7am (30 min) Karli  Gentle Yoga 10:30am (60 min) Renée  Mama 'N Me Safe Exercise Class 12pm (60 min) Renée  <b>Wine &amp; Flow 7pm</b>	Ride Circuit 9:45am (60 min) Shelby  Ritual Ride 11am (45 min) Renée
10	11	12	13	14	15	16
	Yin Yoga 5:30pm (60 min) Renée	Ritual Ride 7am (30 min) Karli  Mama 'N Me Safe Exercise Class 12pm (60 min) Renée  Ride Circuit 5:30pm (60 min) Dina	Lunch Yoga Flow 12pm (45-60 min) Renée  Ritual Ride 5pm (30 min) Renée  Strength Training 6pm (45 min) Renée 2	Ride Circuit Yoga 5:30pm (60 min) Renée	<i>Ritual Retreat</i>  Ritual Ride 7am (30 min) Karli  Gentle Yoga 10:30am (60 min) Dina  Mama 'N Me Safe Exercise Class 1pm (60 min) Dina	<i>Ritual Retreat</i>  Ride Circuit 9:45am (60 min) Shelby  Ritual Ride 11am (45 min) Shelby
17	18	19	20	21	22	23
<i>Ritual Retreat</i>	<i>Ritual Retreat</i>  Yin Yoga 5:30pm (60 min) Karli	Ritual Ride 7am (30 min) Karli  Mama 'N Me Safe Exercise Class 12pm (60 min) Renée  Ride Circuit 5:30pm (60 min) Dina	Lunch Yoga Flow 12pm (45-60 min) Renée  Ritual Ride 5pm (30 min) Renée  Strength Training 6pm (45 min) Renée 3	Ride Circuit Yoga 5:30pm (60 min) Renée	Ritual Ride 7am (30 min) Karli  Gentle Yoga 10:30am (60 min) Renée  Mama 'N Me Safe Exercise Class 12pm (60 min) Renée  WAAC Dryland 4pm (60 min) Renée	Ride Circuit 9:45am (60 min) Shelby  Ritual Ride 11am (45 min) Renée
24	25	26	27	28	29	30
	Yin Yoga 5:30pm (60 min) Renée	Ritual Ride 7am (30 min) Karli  Mama 'N Me Safe Exercise Class 12pm (60 min) Renée  Ride Circuit 5:30pm (60 min) Dina	Lunch Yoga Flow 12pm (45-60 min) Renée  Ritual Ride 5pm (30 min) Renée  Strength Training 6pm (45 min) Renée 4	Ride Circuit Yoga 5:30pm (60 min) Renée	Ritual Ride 7am (30 min) Karli  Gentle Yoga 10:30am (60 min) Renée  Mama 'N Me Safe Exercise Class 12pm (60 min) Renée  WAAC Dryland 4pm (60 min) Renée	Ride Circuit 9:45am (60 min) Shelby  Ritual Ride 11am (45 min) Shelby