

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Ritual Ride 6am (30min) Yin Yoga 5:30pm (60min)	Ritual Ride 9am (30min) Mama 'N Me Exercise 12pm (60min) Ride Circuit 5:30pm (60min)	Lunch Yoga Flow 12pm (60min) Ritual Ride 5pm (30min) Strength Training 6pm (45min) 5	Ride Circuit 4pm (60min) Ride Circuit Yoga 5:30pm (60min)	Ritual Ride 7am (30min) Gentle Yoga 10:30am (45min) Mama 'N Me Exercise 12pm (60min) WAAC Dryland 4pm	Ride Circuit 9:45am (60min) Ritual Ride 11am (45min)
7	8	9	10	11	12	13
	Ritual Ride 6am (30min) Yin Yoga 5:30pm (60min)	Ritual Ride 9am (30min) Mama 'N Me Exercise 12pm (60min) Ride Circuit 5:30pm (60min)	Lunch Yoga Flow 12pm (60min) Ritual Ride 5pm (30min) Strength Training 6pm (45min) 6	Ride Circuit 4pm (60min) Ride Circuit Yoga 5:30pm (60min) <b>Yoga with Animals Humane Society 7pm</b>	Ritual Ride 7am (30min) Gentle Yoga 10:30am (45min) Mama 'N Me Exercise 12pm (60min) <b>Wine &amp; Flow 7pm</b>	Ride Circuit 9:45am (60min) Ritual Ride 11am (45min)
14	15	16	17	18	19	20
	Ritual Ride 6am (30min) Yin Yoga 5:30pm (60min)	Ritual Ride 9am (30min) Mama 'N Me Exercise 12pm (60min) Ride Circuit 5:30pm (60min)	Lunch Yoga Flow 12pm (60min) Ritual Ride 5pm (30min) Clients Choice Class 6pm (60min)	Ride Circuit 4pm (60min) Ride Circuit Yoga 5:30pm (60min)	<b>Good Friday: OPEN NORMAL SCHEDULE</b> Ritual Ride 7am (30min) Gentle Yoga 10:30am (45min) Mama 'N Me Exercise 12pm (60min)	<b>Easter Saturday: OPEN NORMAL SCHEDULE</b> Ride Circuit 9:45am (60min) Ritual Ride 11am (45min)
21	22	23	24	25	26	27
	<b>Easter Monday: OPEN MODIFIED SCHEDULE</b> Easter Ritual Ride 10am (30min) Easter Ride Circuit 11am (60min)	Ritual Ride 9am (30min) Mama 'N Me Exercise 12pm (60min) Ride Circuit 5:30pm (60min)	Lunch Yoga Flow 12pm (60min) Ritual Ride 5pm (30min) Clients Choice Class 6pm (60min)	Ride Circuit 4pm (60min) Ride Circuit Yoga 5:30pm (60min)	Ritual Ride 7am (30min) Gentle Yoga 10:30am (45min) Mama 'N Me Exercise 12pm (60min) WAAC Dryland 4pm	Ride Circuit 9:45am (60min) Ritual Ride 11am (45min)
28	29	30				
	Ritual Ride 6am (30min) Yin Yoga 5:30pm (60min)	Ritual Ride 9am (30min) Mama 'N Me Exercise 12pm (60min) Ride Circuit 5:30pm (60min)				