July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Women's Cycling Group FREE **9am**	1 **NO CLASSES HAPPY CANADA DAY!**	2 Mama 'N Me Exercise **12pm** (60min) Renée Ride Circuit **5:30pm** (60min) Dina Tone & Yoga **7pm** (60min) Jocelyn	3 Ritual Ride **5pm** (45min) Renée Strength Circuit **6pm** (60min) Renée	4 Ride Circuit **12pm** (60min) Dina Circuit **4pm** (60min) Renée Ride Circuit Yoga **5:30pm** (60min) Renée Yoga with Animals at Humane Society **7pm** (60min) Renée	5 Mama 'N Me Stroller class (Upper Queen's) **10am** (60min) Dina Gentle Flow Yoga **10:30am** (45min) Renée **Sangria & Flow 7pm**	6 Ritual Ride **11am** (45min) Renée
7 Women's Cycling Group FREE **9am**	8 Ride Circuit Yoga **10:30am** (60min) Renée Yin Yoga **5:30pm** (60min) Renée Ritual Run Group **6:30pm** Jessicca	9 Mama 'N Me Exercise **12pm** (60min) Renée Ride Circuit **5:30pm** (60min) Shelby Tone & Yoga **7pm** (60min) Jocelyn	10 Ritual Ride **5pm** (45min) Renée Strength Circuit **6pm** (60min) Renée	11 Ride Circuit **12pm** (60min) Dina Circuit **4pm** (60min) Renée Ride Circuit Yoga **5:30pm** (60min) Renée	12 Mama 'N Me Stroller class (Upper Queen's) **10am** (60min) Dina Gentle Flow Yoga **10:30am** (45min) Renée	13 Ritual Ride **11am** (45min) Renée
14 Women's Cycling Group FREE **9am**	15 Ride Circuit Yoga **10:30am** (60min) Renée Yin Yoga **5:30pm** (60min) Renée Ritual Run Group **6:30pm** Jessicca	16 Mama 'N Me Exercise **12pm** (60min) Renée Ride Circuit **5:30pm** (60min) Dina Tone & Yoga **7pm** (60min) Jocelyn	17 Ritual Ride **5pm** (45min) Renée Strength Circuit **6pm** (60min) Renée	18 Ride Circuit **12pm** (60min) Dina Circuit **4pm** (60min) Renée Ride Circuit Yoga **5:30pm** (60min) Renée	19 Mama 'N Me Stroller class (Upper Queen's) **10am** (60min) Dina Gentle Flow Yoga **10:30am** (45min) Renée	20 Ritual Ride **11am** (45min) Karli
21 Women's Cycling Group FREE **9am**	22 Ride Circuit Yoga **10:30am** (60min) Renée Yin Yoga **5:30pm** (60min) Renée Ritual Run Group **6:30pm** Jessicca	23 Mama 'N Me Exercise **12pm** (60min) Renée Ride Circuit **5:30pm** (60min) Dina Tone & Yoga **7pm** (60min) Jocelyn	24 Ritual Ride **5pm** (45min) Renée Strength Circuit **6pm** (60min) Renée	25 Ride Circuit **12pm** (60min) Dina Circuit **4pm** (60min) Renée Ride Circuit Yoga **5:30pm** (60min) Renée	26 Mama 'N Me Stroller class (Upper Queen's) **10am** (60min) Dina Gentle Flow Yoga **10:30am** (45min) Renée	27 Ritual Ride **11am** (45min) Karli
28 Women's Cycling Group FREE **9am**	29 Ride Circuit Yoga **10:30am** (60min) Renée Yin Yoga **5:30pm** (60min) Renée Ritual Run Group **6:30pm** Jessicca	30 Mama 'N Me Exercise **12pm** (60min) Renée Ride Circuit **5:30pm** (60min) Dina Tone & Yoga **7pm** (60min) Jocelyn	31 Ritual Ride **5pm** (45min) Renée Strength Circuit **6pm** (60min) Renée	1 Ride Circuit **12pm** (60min) Dina Circuit **4pm** (60min) Renée Ride Circuit Yoga **5:30pm** (60min) Renée	2 Mama 'N Me Stroller class (Upper Queen's) **10am** (60min) Dina Gentle Flow Yoga **10:30am** (45min) Renée	3 **NO CLASSES TODAY HAPPY CIVIC HOLIDAY!**