

June 2019

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