

## August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
Women's Cycling Group FREE <b>9am</b>	<b>NO CLASSES HAPPY CIVIC HOLIDAY!</b>	Mama 'N Me Exercise <b>12pm</b> (60min) Renée  Ride Circuit <b>5:30pm</b> (60min) Dina  Tone & Yoga <b>7pm</b> (60min) Jocelyn	Ritual Ride <b>5pm</b> (45min) Renée  Strength Circuit <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée  Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	Mama 'N Me Stroller class (Upper Queen's) <b>10am</b> (60min) Dina  Gentle Flow Yoga <b>10:30am</b> (45min) Renée  <b>Sangria &amp; Flow 7pm</b>	Ritual Ride <b>11am</b> (45min) Renée
11	12	13	14	15	16	17
Women's Cycling Group FREE <b>9am</b>	Yin Yoga <b>5:30pm</b> (60min) Renée  Ritual Run Group <b>6:30pm</b> Jessica	Mama 'N Me Exercise <b>12pm</b> (60min) Renée  Ride Circuit <b>5:30pm</b> (60min) Shelby  Tone & Yoga <b>7pm</b> (60min) Jocelyn	Ritual Ride <b>5pm</b> (45min) Renée  Strength Circuit <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée  Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	Mama 'N Me Stroller class (Upper Queen's) <b>10am</b> (60min) Dina  Gentle Flow Yoga <b>10:30am</b> (45min) Renée	Ritual Ride <b>11am</b> (45min) ?
18	19	20	21	22	23	24
Women's Cycling Group FREE <b>9am</b>	Yin Yoga <b>5:30pm</b> (60min) Renée  Ritual Run Group <b>6:30pm</b> Jessica	Mama 'N Me Exercise <b>12pm</b> (60min) Renée  Ride Circuit <b>5:30pm</b> (60min) Dina  Tone & Yoga <b>7pm</b> (60min) Jocelyn	Ritual Ride <b>5pm</b> (45min) Renée  Strength Circuit <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée  Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	Mama 'N Me Stroller class (Upper Queen's) <b>10am</b> (60min) Dina  Gentle Flow Yoga <b>10:30am</b> (45min) Renée	Ritual Ride <b>11am</b> (45min) ?
25	26	27	28	29	30	31
Women's Cycling Group FREE <b>9am</b>	Yin Yoga <b>5:30pm</b> (60min) Renée  Ritual Run Group <b>6:30pm</b> Jessica	Mama 'N Me Exercise <b>12pm</b> (60min) Renée  Ride Circuit <b>5:30pm</b> (60min) Dina  Tone & Yoga <b>7pm</b> (60min) Jocelyn	Ritual Ride <b>5pm</b> (45min) Renée  Strength Circuit <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée  Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	Mama 'N Me Stroller class (Upper Queen's) <b>10am</b> (60min) Dina  Gentle Flow Yoga <b>10:30am</b> (45min) Renée	<b>NO CLASSES TODAY OR MONDAY! HAPPY LABOUR DAY WEEKEND!</b>

### COMING IN SEPTEMBER:

- September Boost Wellness Program: 2 weeks of in home yoga, meditation, workouts plus free in studio classes to get you back into your September groove. More info to come.
- Hip Hop Dance: one evening per week, join for a casual all levels hip hop class for the pure fun of it! Another way to move the body and get out of your head! Info, dates and times to come.
- More Humane Society Yoga with adoptable animals!
- Thanks for a fun stroller workout season, outdoor mama classes are now completed, but indoor classes continue!
- Subscribe to our newsletter to not miss out on anything coming your way! [ritualstudio.ca](http://ritualstudio.ca)