

# September 2019

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday                                   |
|--|---|---|--|--|---|--|
| 1  | 2   | 3   | 4  | 5  | 6   | 7  |
| <b>Closed</b>  | <b>NO CLASSES<br/>HAPPY LABOUR DAY!</b>   | Mama 'N Me Exercise<br><b>12pm</b> (60min) Renée<br>Ride Circuit <b>5:30pm</b><br>(60min) Dina<br>Tone & Yoga <b>7pm</b><br>(60min) Jocelyn | Ritual Ride <b>5pm</b><br>(45min) Renée<br>Yin Yoga <b>6pm</b><br>(60min) Renée  | Circuit <b>4pm</b><br>(60min) Renée<br>Ride Circuit Yoga<br><b>5:30pm</b> (60min) Renée<br>Humane Society Yoga<br><b>7pm</b> (60min) Renée | Ritual Ride <b>7am</b><br>(45min) Karli<br>Gentle Flow Yoga<br><b>10:30am</b> (45min)<br>Renée<br>Mama 'N Me Exercise<br><b>12pm</b> (60min) Renée  | Ritual Ride <b>11am</b><br>(45min) Jessica |
| 8  | 9   | 10  | 11   | 12   | 13  | 14   |
| <b>September<br/>Boost<br/>Wellness<br/>Program<br/>Begins</b> | Yin Yoga <b>5:30pm</b><br>(60min) Renée   | Mama 'N Me Exercise<br><b>12pm</b> (60min) Renée<br>Ride Circuit <b>5:30pm</b><br>(60min) Dina<br>Tone & Yoga <b>7pm</b><br>(60min) Jocelyn | Ritual Ride <b>5pm</b><br>(45min) Renée<br>Yin Yoga <b>6pm</b><br>(60min) Renée  | Circuit <b>4pm</b><br>(60min) Renée<br>Ride Circuit Yoga<br><b>5:30pm</b> (60min) Renée  | Ritual Ride <b>7am</b><br>(45min) Karli<br>Gentle Flow Yoga<br><b>10:30am</b> (45min)<br>Renée<br>Mama 'N Me Exercise<br><b>12pm</b> (60min) Renée<br><b>Wine &amp; Flow 7pm</b>                | Ritual Ride <b>11am</b><br>(45min) Renée   |
| 15   | 16  | 17  | 18   | 19   | 20  | 21   |
| <b>Closed</b>  | Yin Yoga <b>5:30pm</b><br>(60min) Renée   | Mama 'N Me Exercise<br><b>12pm</b> (60min) Renée<br>Ride Circuit <b>5:30pm</b><br>(60min) Dina<br>Tone & Yoga <b>7pm</b><br>(60min) Jocelyn | Ritual Ride <b>5pm</b><br>(45min) Renée<br>Yin Yoga <b>6pm</b><br>(60min) Renée  | Circuit <b>4pm</b><br>(60min) Renée<br>Ride Circuit Yoga<br><b>5:30pm</b> (60min) Renée  | Ritual Ride <b>7am</b><br>(45min) Karli<br>Gentle Flow Yoga<br><b>10:30am</b> (45min)<br>Renée<br>Mama 'N Me Exercise<br><b>12pm</b> (60min) Renée  | Ritual Ride <b>11am</b><br>(45min) Karli   |
| 22   | 23  | 24  | 25   | 26   | 27  | 28   |
| <b>September<br/>Boost<br/>Wellness<br/>Program<br/>Ends</b>   | Yin Yoga <b>5:30pm</b><br>(60min) Renée   | Mama 'N Me Exercise<br><b>12pm</b> (60min) Renée<br>Ride Circuit <b>5:30pm</b><br>(60min) Dina<br>Tone & Yoga <b>7pm</b><br>(60min) Jocelyn | WAAC Swimmers<br>Dryland <b>4pm</b> Renée<br>Ritual Ride <b>5pm</b><br>(45min) Karli<br>Yin Yoga <b>6pm</b><br>(60min) Renée | Circuit <b>4pm</b><br>(60min) Renée<br>Ride Circuit Yoga<br><b>5:30pm</b> (60min) Renée  | Ritual Ride <b>7am</b><br>(45min) Karli<br>Gentle Flow Yoga<br><b>10:30am</b> (45min)<br>Renée<br>Mama 'N Me Exercise<br><b>12pm</b> (60min) Renée<br>WAAC Swimmers<br>Dryland <b>4pm</b> Renée | Ritual Ride <b>11am</b><br>(45min) Renée   |
| 29   | 30  |   |  |  |   |  |
| <b>Closed</b>  | Yin Yoga <b>5:30pm</b><br>(60min) Renée<br><br><b>Masterminds in<br/>Wellness:<br/>Naturopathic<br/>Approach to Stress<br/>with Dr. Keila<br/>Roesner 7pm</b> |   |  |  |   |  |