			November	2019			ò
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1 Ritual Ride <b>7am</b> (45min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée WAAC Swimmers Dryland <b>4pm</b> Renée	Ritual Ride <b>11am</b> (45min) Renée	2
3 Closed	4 Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	5 Mama 'N Me Exercise <b>12pm</b> (60min) Renée Ride Circuit <b>5:30pm</b> (60min) Dina Tone & Yoga <b>7pm</b> (60min) Jocelyn	6 WAAC Swimmers Dryland <b>4pm</b> Renée Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	7 Circuit <b>4pm</b> (60min) Renée Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	8 Ritual Ride <b>7am</b> (45min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée WAAC Swimmers Dryland <b>4pm</b> Renée	Ritual Ride <b>11am</b> (45min) Renée	9
10 Closed	11 Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	12 Mama 'N Me Exercise <b>12pm</b> (60min) Renée Ride Circuit <b>5:30pm</b> (60min) Dina Tone & Yoga <b>7pm</b> (60min) Jocelyn	13 WAAC Swimmers Dryland <b>4pm</b> Renée Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	14 Circuit <b>4pm</b> (ś0min) Renée Ride Circuit Yoga <b>5:30pm</b> (ś0min) Renée Masterminds in Wellness: Dietieian Series with Heidi Pola 7pm	15 Ritual Ride <b>7am</b> (45min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée Wine & Flow 7pm	1 Ritual Ride <b>11am</b> (45min) Renée	6
17 Closed	18 Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	19 Mama 'N Me Exercise <b>12pm</b> (60min) Renée Ride Circuit <b>5:30pm</b> (60min) Dina Tone & Yoga <b>7pm</b> (60min) Jocelyn	20 WAAC Swimmers Dryland <b>4pm</b> Renée Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	21 Circuit <b>4pm</b> (60min) Renée Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	22 Ritual Ride <b>7am</b> (45min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée WAAC Swimmers Dryland <b>4pm</b> Renée	2 Ritual Ride <b>11am</b> (45min) Renée	3
24 Closed	Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	26 Mama 'N Me Exercise <b>12pm</b> (60min) Renée Ride Circuit <b>5:30pm</b> (60min) Dina Tone & Yoga <b>7pm</b> (60min) Jocelyn	27 WAAC Swimmers Dryland <b>4pm</b> Renée Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	28 Circuit <b>4pm</b> (60min) Renée Ride Circuit Yoga <b>5:30pm</b> (60min) Renée <b>Masterminds in</b> Wellness: Pelvic & Core Health with Mandi Layton 7pm	29 Ritual Ride <b>7am</b> (45min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée WAAC Swimmers Dryland <b>4pm</b> Renée	3 Ritual Ride <b>11am</b> (45min) Renée	0