

# November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					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
3	4	5	6	7	8	9
<b>Closed</b>	Ritual Ride <b>5pm</b> (45min) Renée  Yin Yoga <b>6pm</b> (60min) Renée	Mama 'N Me Exercise <b>12pm</b> (60min) Renée  Ride Circuit <b>5:30pm</b> (60min) Dina  Tone & Yoga <b>7pm</b> (60min) Jocelyn	WAAC Swimmers Dryland <b>4pm</b> Renée  Ritual Ride <b>5pm</b> (45min) Renée  Yin Yoga <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée  Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	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
10	11	12	13	14	15	16
<b>Closed</b>	Ritual Ride <b>5pm</b> (45min) Renée  Yin Yoga <b>6pm</b> (60min) Renée	Mama 'N Me Exercise <b>12pm</b> (60min) Renée  Ride Circuit <b>5:30pm</b> (60min) Dina  Tone & Yoga <b>7pm</b> (60min) Jocelyn	WAAC Swimmers Dryland <b>4pm</b> Renée  Ritual Ride <b>5pm</b> (45min) Renée  Yin Yoga <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée  Ride Circuit Yoga <b>5:30pm</b> (60min) Renée  <b>Masterminds in Wellness: Dietieian Series with Heidi Pola 7pm</b>	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  <b>Wine &amp; Flow 7pm</b>	Ritual Ride <b>11am</b> (45min) Renée
17	18	19	20	21	22	23
<b>Closed</b>	Ritual Ride <b>5pm</b> (45min) Renée  Yin Yoga <b>6pm</b> (60min) Renée	Mama 'N Me Exercise <b>12pm</b> (60min) Renée  Ride Circuit <b>5:30pm</b> (60min) Dina  Tone & Yoga <b>7pm</b> (60min) Jocelyn	WAAC Swimmers Dryland <b>4pm</b> Renée  Ritual Ride <b>5pm</b> (45min) Renée  Yin Yoga <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée  Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	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
24	25	26	27	28	29	30
<b>Closed</b>	Ritual Ride <b>5pm</b> (45min) Renée  Yin Yoga <b>6pm</b> (60min) Renée	Mama 'N Me Exercise <b>12pm</b> (60min) Renée  Ride Circuit <b>5:30pm</b> (60min) Dina  Tone & Yoga <b>7pm</b> (60min) Jocelyn	WAAC Swimmers Dryland <b>4pm</b> Renée  Ritual Ride <b>5pm</b> (45min) Renée  Yin Yoga <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée  Ride Circuit Yoga <b>5:30pm</b> (60min) Renée  <b>Masterminds in Wellness: Pelvic &amp; Core Health with Mandi Layton 7pm</b>	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