

November 2019

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