

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée WAAC Swimmers Dryland 4pm Renée	Ritual Ride 11am (45min) Renée
3	4	5	6	7	8	9
Closed	Ritual Ride 5pm (45min) Renée 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 WAAC Swimmers Dryland 4pm Renée	Ritual Ride 11am (45min) Renée
10	11	12	13	14	15	16
Closed	Ritual Ride 5pm (45min) Renée 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: Plant Based Eating with Heidi Pola 7pm	Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée Wine & Flow 7pm	Ritual Ride 11am (45min) Renée
17	18	19	20	21	22	23
Closed	Ritual Ride 5pm (45min) Renée 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 WAAC Swimmers Dryland 4pm Renée	Ritual Ride 11am (45min) Renée
24	25	26	27	28	29	30
Closed	Ritual Ride 5pm (45min) Renée 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) Renée 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 WAAC Swimmers Dryland 4pm Renée	Ritual Ride 11am (45min) Renée