

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Closed	Ritual Ride 5pm (45min) Cate Yin Yoga 6pm (60min) Renée	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée	Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée	Ritual Ride 11am (45min) Renée
8	9	10	11	12	13	14
Closed	Ritual Ride 5pm (45min) Cate Yin Yoga 6pm (60min) Renée	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	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 Wine & Flow 7pm	Ritual Ride 11am (45min) Renée
15	16	17	18	19	20	21
Closed	Bring A Friend Week! Ritual Ride 5pm (45min) Cate Yin Yoga 6pm (60min) Renée	Bring A Friend Week! Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	Bring A Friend Week! Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	Bring A Friend Week! Circuit 4pm (60min) Renée Ride Circuit Yoga 5:30pm (60min) Renée	Bring A Friend Week! Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée	Bring A Friend Week! Ritual Ride 11am (45min) Karli/Cate

Holiday Schedule

22	23	24	25	26	27	28
Closed	Ritual Ride 5pm (45min) Cate Yin Yoga 6pm (60min) Renée	Closed Christmas Eve!	Closed Christmas Day!	Closed Boxing Day!	Ritual Ride 7am (45min) Cate Gentle Flow Yoga 10:30am (45min) Renée	Ritual Ride 11am (45min) Renée
29	30	31	1	2	3	4
Closed	Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	Closed New Year's Eve!	Closed Happy New Year!	Closed Staff Holiday!	Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée	Ritual Ride 11am (45min) Renée