

July 2018

Ritual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day!	2 Canada Day Holiday Ritual Closed	3 Mama 'N Me Safe Exercise Class 12pm Ritual Ride 5pm (30 minutes) Beginner Ladies Run Group with Jessica 7pm	4 Ritual Ride 5pm (30 minutes) Intermediate Strength Class 6pm (45min) Ritual Yoga 7pm	5 Intermediate Ladies Run Group with Jessica 6pm Bring On Friday Circuit & Flow 7pm	6 Mama 'N Me Safe Exercise Class 12pm	7 no classes today
8	9 Made It Through Monday Circuit 5:30pm	10 Mama 'N Me Safe Exercise Class 12pm Ritual Ride 5pm (30 minutes) Beginner Ladies Run Group with Jessica 7pm	11 Ritual Ride 5pm (30 minutes) Intermediate Strength Class 6pm (45min) Ritual Yoga 7pm	12 Intermediate Ladies Run Group with Jessica 6pm Bring On Friday Circuit & Flow 7pm	13 Mama 'N Me Safe Exercise Class 12pm	14 Ritual Ride 11am (45 minutes) Ritual Ride 12pm (45 minutes)
15	16 Made It Through Monday Circuit 5:30pm	17 Mama 'N Me Safe Exercise Class 12pm Ritual Ride 5pm (30 minutes) Beginner Ladies Run Group with Jessica 7pm	18 Ritual Ride 5pm (30 minutes) Intermediate Strength Class 6pm (45min) Ritual Yoga 7pm	19 Intermediate Ladies Run Group with Jessica 6pm Bring On Friday Circuit & Flow 7pm	20 Mama 'N Me Safe Exercise Class 12pm	21 no classes today
22	23 Made It Through Monday Circuit 5:30pm	24 Mama 'N Me Safe Exercise Class 12pm Ritual Ride 5pm (30 minutes) Beginner Ladies Run Group with Jessica 7pm	25 Ritual Ride 5pm (30 minutes) Intermediate Strength Class 6pm (45min) Ritual Yoga 7pm	26 Intermediate Ladies Run Group with Jessica 6pm Bring On Friday Circuit & Flow 7pm	27 Mama 'N Me Safe Exercise Class 12pm	28 Ritual Ride 11am (45 minutes) Ritual Ride 12pm (45 minutes)
29	30 Made It Through Monday Circuit 5:30pm	31 Mama 'N Me Safe Exercise Class 12pm Ritual Ride 5pm (30 minutes) Beginner Ladies Run Group with Jessica 7pm			Now offering Ritual Yoga classes! Class runs Wednesdays from 7-8pm. This class will pair active Vinyasa with deep moments of stillness. \$15 per class	Summer Student Special! All classes at Ritual Studio are \$2 less for students! Anyone between 14-20 or anyone with a valid student card can take advantage of this deal! Note: class prices vary per class type

