

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ritual Ride 5pm (30 minutes) Intermediate Strength Class 6pm (45min) Ritual Yoga 7pm	2 Intermediate Ladies Run Group with Jessica 6pm Bring On Friday Circuit & Flow 7pm	3 Mama 'N Me Safe Exercise Class 12pm	4 no classes today
5	6 Civic Holiday no classes today	7 Mama 'N Me Safe Exercise Class 12pm Ritual Ride 5pm (30 minutes) Beginner Ladies Run Group with Jessica 7pm	8 Ritual Ride 5pm (30 minutes) Intermediate Strength Class 6pm (45min) Ritual Yoga 7pm	9 Intermediate Ladies Run Group with Jessica 6pm Bring On Friday Circuit & Flow 7pm	10 Mama 'N Me Safe Exercise Class 12pm	11 Ritual Ride 11am (45 minutes) Ritual Ride 12pm (45 minutes)
12	13 Made It Through Monday Circuit 5:30pm	14 Mama 'N Me Safe Exercise Class 12pm Ritual Ride 5pm (30 minutes) Beginner Ladies Run Group with Jessica 7pm	15 Ritual Ride 5pm (30 minutes) Intermediate Strength Class 6pm (45min) Ritual Yoga 7pm	16 Intermediate Ladies Run Group with Jessica 6pm Bring On Friday Circuit & Flow 7pm	17 no classes today	18 no classes today
19	20 Made It Through Monday Circuit 5:30pm	21 Mama 'N Me Safe Exercise Class 12pm Ritual Ride 5pm (30 minutes) Beginner Ladies Run Group with Jessica 7pm	22 Ritual Ride 5pm (30 minutes) Intermediate Strength Class 6pm (45min) Ritual Yoga 7pm	23 Intermediate Ladies Run Group with Jessica 6pm Bring On Friday Circuit & Flow 7pm	24 Mama 'N Me Safe Exercise Class 12pm	25 Ritual Ride 11am (45 minutes) Ritual Ride 12pm (45 minutes)

<p>26</p>	<p>27</p> <p>Made It Through Monday Circuit 5:30pm</p>	<p>28</p> <p>Mama 'N Me Safe Exercise Class 12pm</p> <p>Ritual Ride 5pm (30 minutes)</p> <p>Beginner Ladies Run Group with Jessica 7pm</p>	<p>29</p> <p>Ritual Ride 5pm (30 minutes)</p> <p>Intermediate Strength Class 6pm (45min)</p> <p>Ritual Yoga 7pm</p>	<p>30</p> <p>Intermediate Ladies Run Group with Jessica 6pm</p> <p>Bring On Friday Circuit & Flow 7pm</p>	<p>31</p> <p>no classes today</p>	<p>1</p> <p>Labour Day Weekend no classes today & Monday September 3</p>
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