

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Labour Day Weekend no classes today
2	3 Labour Day Weekend no classes today	4 Mama 'N Me Safe Exercise Class 12pm (60 min) Ritual Ride 5pm (30 min) Dancing For Birth™ prenatal with Falon 7pm (90 min)	5 Dancing For Birth™ postnatal with Falon 10am (90 min) Ritual Ride 5pm (30 min) Intermediate Strength Class 6pm (45 min) Ritual Yoga 7pm (60 min)	6 Ride-Core-Stretch 5:30pm (60 min) Intermediate Ladies Run Group with Jessica 7pm	7 Mama 'N Me Safe Exercise Class 11am (60 min) Neon Night 7:30pm	8 Ritual Ride 11am (45 min)
9	10 21-Day Wellness Program begins! Monday Circuit 5:30pm (60 min)	11 Mama 'N Me Safe Exercise Class 12pm (60 min) Ritual Ride 5pm (30 min) Dancing For Birth™ prenatal with Falon 7pm (90 min)	12 Dancing For Birth™ postnatal with Falon 10am (90 min) Ritual Ride 5pm (30 min) Intermediate Strength Class 6pm (45 min) Ritual Yoga 7pm (60 min)	13 Ride-Core-Stretch 5:30pm (60 min) Intermediate Ladies Run Group with Jessica 7pm	14 Mama 'N Me Safe Exercise Class 11am (60 min) WAAC Dryland 4pm	15 Ritual Ride 11am (45 min)
16 Yoga for Cyclists in Wildwood	17 Monday Circuit 5:30pm (60 min)	18 Mama 'N Me Safe Exercise Class 12pm (60 min) Ritual Ride 5pm (30 min) Dancing For Birth™ prenatal with Falon 7pm (90 min)	19 Dancing For Birth™ postnatal with Falon 10am (90 min) Ritual Ride 5pm (30 min) Intermediate Strength Class 6pm (45 min) Ritual Yoga 7pm (60 min)	20 Ride-Core-Stretch 5:30pm (60 min) Intermediate Ladies Run Group with Jessica 7pm	21 Mama 'N Me Safe Exercise Class 11am (60 min) WAAC Dryland 4pm	22 no classes today

23	24	25	26	27	28	29
	Monday Circuit 5:30pm (60 min)	Mama 'N Me Safe Exercise Class 12pm (60 min) Ritual Ride 5pm (30 min) Dancing For Birth™ prenatal with Falon 7pm (90 min)	Dancing For Birth™ postnatal with Falon 10am (90 min) Ritual Ride 5pm (30 min) Intermediate Strength Class 6pm (45 min) Ritual Yoga 7pm (60 min)	Ride-Core-Stretch 5:30pm (60 min) Intermediate Ladies Run Group with Jessica 7pm	Mama 'N Me Safe Exercise Class 11am (60 min) WAAC Dryland 4pm	Ride for Refuge 9am no classes today
30	<p>Pricing</p> <p>\$10 classes: Monday Circuit, Mama 'N Me Safe Exercise Class \$12 classes: Ritual Ride 30 \$15 classes: Ritual Ride 45, Ride-Core-Stretch, Intermediate Strength Class, Ritual Yoga \$20 classes: Dancing for Birth (drop in rate)</p>					

21-Day Wellness Program
ends!