

January 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|--|
| | | 1 | 2 | 3 | 4 | 5 |
| | | <p>Lunch Yoga Flow 12pm (45 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>Strength Training 6pm (45 min)</p> <p>Happy New Year! Ritual Studio Closed</p> | <p>Lunch Yoga Flow 12pm (45 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>Strength Training 6pm (45 min)</p> <p>Setting Intentions for 2019 Workshop 7pm</p> | <p>Ride Circuit Stretch 5:30pm (60 min)</p> <p>Setting Intentions for 2019 ONLINE Workshop 7pm</p> | <p>Ritual Ride 7am (30 min)</p> <p>Gentle Yoga 10:30am (60 min)</p> <p>Mama 'N Me Safe Exercise Class 12pm (60 min)</p> <p>WAAC Dryland 4pm (60 min)</p> | <p>Morning Sun Salute Yoga 9am (30 min)</p> <p>Ritual Ride 10am (45 min)</p> |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| <p>Fresh Self Wellness Program Begins Day 1</p> | <p>Yin Yoga 5:30pm (60 min)</p> <p>Fresh Self Wellness Day 2</p> | <p>Ritual Ride 7am (30 min)</p> <p>Mama 'N Me Safe Exercise Class 12pm (60 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>All Levels Circuit 6pm (60 min)</p> <p>Fresh Self Wellness Day 3</p> | <p>Lunch Yoga Flow 12pm (45 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>Strength Training 6pm (45 min)</p> <p>Fresh Self Wellness Day 4</p> | <p>Ride Circuit Stretch 5:30pm (60 min)</p> <p>Fresh Self Wellness Day 5</p> | <p>Ritual Ride 7am (30 min)</p> <p>Gentle Yoga 10:30am (60 min)</p> <p>Mama 'N Me Safe Exercise Class 12pm (60 min)</p> <p>WAAC Dryland 4pm (60 min)</p> <p>Wine & Flow 7pm</p> <p>Fresh Self Wellness Day 6</p> | <p>Morning Sun Salute Yoga 9am (30 min)</p> <p>Ritual Ride 10am (45 minutes)</p> <p>Fresh Self Wellness Day 7</p> |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| <p>Fresh Self Wellness Program Day 8</p> <p>Yin Yoga 5:30pm (60 min)</p> <p>Fresh Self Wellness Day 9</p> | <p>Ritual Ride 7am (30 min)</p> <p>Mama 'N Me Safe Exercise Class 12pm (60 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>All Levels Circuit 6pm (60 min)</p> <p>Fresh Self Wellness Day 10</p> | <p>Lunch Yoga Flow 12pm (45 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>Strength Training 6pm (45 min)</p> <p>Fresh Self Wellness Day 11</p> | <p>Ride Circuit Stretch 5:30pm (60 min)</p> <p>Fresh Self Wellness Day 12</p> | <p>Ritual Ride 7am (30 min)</p> <p>Gentle Yoga 10:30am (60 min)</p> <p>Mama 'N Me Safe Exercise Class 12pm (60 min)</p> <p>WAAC Dryland 4pm (60 min)</p> <p>Fresh Self Wellness Day 13</p> | <p>Morning Sun Salute Yoga 9am (30 min)</p> <p>Ritual Ride 10am (45 minutes)</p> <p>Fresh Self Wellness Day 14</p> | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |

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| <p>no classes today</p> | <p>Yin Yoga 5:30pm (60 min)</p> | <p>Ritual Ride 7am (30 min)</p> <p>Mama 'N Me Safe Exercise Class 12pm (60 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>All Levels Circuit 6pm (60 min)</p> | <p>Lunch Yoga Flow 12pm (45 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>Strength Training 6pm (45 min)</p> | <p>Ride Circuit Stretch 5:30pm (60 min)</p> | <p>Ritual Ride 7am (30 min)</p> <p>Gentle Yoga 10:30am (60 min)</p> <p>Mama 'N Me Safe Exercise Class 12pm (60 min)</p> <p>WAAC Dryland 4pm (60 min)</p> | <p>Morning Sun Salute Yoga 9am (30 min)</p> <p>Ritual Ride 10am (45 minutes)</p> |
| <p>27</p> <p>no classes today</p> | <p>28</p> <p>Yin Yoga 5:30pm (60 min)</p> | <p>29</p> <p>Ritual Ride 7am (30 min)</p> <p>Mama 'N Me Safe Exercise Class 12pm (60 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>All Levels Circuit 6pm (60 min)</p> | <p>30</p> <p>Lunch Yoga Flow 12pm (45 min)</p> <p>Ritual Ride 5pm (30 min)</p> <p>Strength Training 6pm (45 min)</p> | <p>31</p> <p>Ride Circuit Stretch 5:30pm (60 min)</p> | | |