

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
	Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessica	Ride Circuit 5:30pm (60min) Dina Yin Yoga 7pm (60min) Jocelyn	Circuit For Teens 3:15pm (45min) Renée Ritual Ride 5pm (30min) Renée Yin Stretch 7pm (60min) Karli	NO CLASSES TODAY	Ritual Ride 7am (30min) Karli Gentle Flow Yoga 10:30am (45min) Renée Mama 'N Me Exercise 12pm (60min) Renée WAAC Dryland 4pm	Ritual Ride 11am (45min) Renée
5	6	7	8	9	10	11
Women's Cycling Group FREE 9am	Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessica	Strength Circuit 6:15am (45min) Karli Ride Circuit 5:30pm (60min) Dina Yin Yoga 7pm (60min) Jocelyn	Gentle Flow Yoga 12pm (45min) Renée Circuit For Teens 3:15pm (45min) Renée Ritual Ride 5pm (30min) Renée Strength Circuit 7pm (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée Yin Stretch 7pm (60min) Karli	Ritual Ride 7am (30min) Karli Gentle Flow Yoga 10:30am (45min) Renée Mama 'N Me Exercise 12pm (60min) Renée Wine & Flow 7pm	Ritual Ride 11am (45min) Renée
12	13	14	15	16	17	18
Women's Cycling Group FREE 9am	Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessica	Strength Circuit 6:15am (45min) Karli Ride Circuit 5:30pm (60min) Dina Yin Yoga 7pm (60min) Jocelyn	Gentle Flow Yoga 12pm (45min) Renée Circuit For Teens 3:15pm (45min) Renée Ritual Ride 5pm (30min) Renée Strength Circuit 7pm (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée Yin Stretch 7pm (60min) Karli	Ritual Ride 7am (30min) Karli Gentle Flow Yoga 10:30am (45min) Renée Mama 'N Me Exercise 12pm (60min) Renée	NO CLASSES TODAY
19	20	21	22	23	24	25
Women's Cycling Group FREE 9am	Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessica	Strength Circuit 6:15am (45min) Karli Ride Circuit 5:30pm (60min) Dina Yin Yoga 7pm (60min) Jocelyn	Gentle Flow Yoga 12pm (45min) Renée Circuit For Teens 3:15pm (45min) Renée Ritual Ride 5pm (30min) Renée Strength Circuit 7pm (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée Yin Stretch 7pm (60min) Karli	Ritual Ride 7am (30min) Karli Gentle Flow Yoga 10:30am (45min) Renée Mama 'N Me Exercise 12pm (60min) Renée	Ritual Ride 11am (45min) Renée
26	27	28	29	30	31	1
Women's Cycling Group FREE 9am	Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessica	Strength Circuit 6:15am (45min) Karli Ride Circuit 5:30pm (60min) Dina Yin Yoga 7pm (60min) Jocelyn	Gentle Flow Yoga 12pm (45min) Renée Circuit For Teens 3:15pm (45min) Renée Ritual Ride 5pm (30min) Renée Strength Circuit 7pm (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée Yin Stretch 7pm (60min) Karli	Ritual Ride 7am (30min) Karli Gentle Flow Yoga 10:30am (45min) Renée Mama 'N Me Exercise 12pm (60min) Renée	Ritual Ride 11am (45min) Renée