				May 201	9		
Sunday	Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
28	Yin Yoga <b>5:30pm</b> (60min) Renée Ritual Run Group <b>6:30pm</b> Jessicca	29	30 Ride Circuit <b>5:30pm</b> (60min) Dina Yin Yoga <b>7pm</b> (60min) Jocelyn	1 Circuit For Teens <b>3:15pm</b> (45min) Renée Ritual Ride <b>5pm</b> (30min) Renée Yin Stretch <b>7pm</b> (60min) Karli	2 NO CLASSES TODAY	3 Ritual Ride <b>7am</b> (30min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée WAAC Dryland <b>4pm</b>	4 Ritual Ride <b>11am</b> (45min) Renée
5		6	7	8	9	10	11
Women's Cycling Group FREE	Yin Yoga <b>5:30pm</b>		Strength Circuit 6:15am (45min) Karli Ride Circuit 5:30pm	Gentle Flow Yoga 12pm (45min) Renée Circuit For Teens 3:15pm (45min) Renée Ritual Ride <b>5pm</b>	Ride Circuit Yoga	Ritual Ride <b>7am</b> (30min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise	Ritual Ride <b>11am</b> (45min) Renée
9am	(60min) Renée Ritual Run Group		(60min) Dina Yin Yoga <b>7pm</b>	(30min) Renée Strength Circuit <b>7pm</b>	5:30pm (60min) Renée Yin Stretch 7pm	12pm (60min) Renée Wine & Flow 7pm	
	6:30pm Jessicca		(60min) Jocelyn	(60min) Renée	(60min) Karli	-	
Uomen's Cycling Group FREE <b>9am</b>	Yin Yoga <b>5:30pm</b> (60min) Renée	13	14 Strength Circuit <b>6:15am</b> (45min) Karli Ride Circuit <b>5:30pm</b> (60min) Dina	15 Gentle Flow Yoga <b>12pm</b> (45min) Renée Circuit For Teens <b>3:15pm</b> (45min) Renée Ritual Ride <b>5pm</b> (30min) Renée	16 Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	17 Ritual Ride <b>7am</b> (30min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise	18
	Ritual Run Group 6:30pm Jessicca		Yin Yoga <b>7pm</b> (60min) Jocelyn	Strength Circuit <b>7pm</b> (60min) Renée	Yin Stretch <b>7pm</b> (60min) Karli	12pm (60min) Renée	
19 Women's Cycling Group		20	21 Strength Circuit <b>6:15am</b> (45min) Karli	22 Gentle Flow Yoga <b>12pm</b> (45min) Renée Circuit For Teens <b>3:15pm</b> (45min) Renée	23	24 Ritual Ride <b>7am</b> (30min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée	25 Ritual Ride <b>11am</b> (45min) Renée
FREE 9am	Yin Yoga <b>5:30pm</b> (60min) Renée Ritual Run Group		Ride Circuit <b>5:30pm</b> (60min) Dina Yin Yoga <b>7pm</b>	Ritual Ride <b>5pm</b> (30min) Renée Strength Circuit <b>7pm</b>	Ride Circuit Yoga 5:30pm (60min) Renée Yin Stretch <b>7pm</b>	Mama 'N Me Exercise <b>12pm (</b> 60min) Renée	
26	6:30pm Jessicca	27	(60min) Jocelyn 28	(60min) Renée 29	(60min) Karli 30	31	1
Women's Cycling Group FREE	Vin Voers <b>5-22</b>		Strength Circuit 6:15am (45min) Karli	Gentle Flow Yoga <b>12pm</b> (45min) Renée Circuit For Teens <b>3:15pm</b> (45min) Renée	Pide Circuit Venue	Ritual Ride <b>7am</b> (30min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée	Ritual Ride <b>11am</b> (45min) Renée
9am	Yin Yoga <b>5:30pm</b> (60min) Renée Ritual Run Group <b>6:30pm</b> Jessicca		Ride Circuit <b>5:30pm</b> (60min) Dina Yin Yoga <b>7pm</b> (60min) Jocelyn	Ritual Ride <b>5pm</b> (30min) Renée Strength Circuit <b>7pm</b> (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée Yin Stretch <b>7pm</b> (60min) Karli	Mama 'N Me Exercise 1 <b>2pm (</b> 60min) Renée	