

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
Women's Cycling Group FREE 9am	NO CLASSES HAPPY CANADA DAY!	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina Tone & Yoga 7pm (60min) Jocelyn	Ritual Ride 5pm (45min) Renée Strength Circuit 6pm (60min) Renée	Ride Circuit 12pm (60min) Dina Ride Circuit Yoga 5:30pm (60min) Renée Yoga with Animals at Humane Society 7pm (60min) Renée	Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina Gentle Flow Yoga 10:30am (45min) Renée Sangria & Flow 7pm	Ritual Ride 11am (45min) Renée
7	8	9	10	11	12	13
Women's Cycling Group FREE 9am	Ride Circuit Yoga 10:30am (60min) Renée Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessica	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Shelby Tone & Yoga 7pm (60min) Jocelyn	Ritual Ride 5pm (45min) Renée Strength Circuit 6pm (60min) Renée	Ride Circuit 12pm (60min) Dina Ride Circuit Yoga 5:30pm (60min) Renée	Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina Gentle Flow Yoga 10:30am (45min) Renée	Ritual Ride 11am (45min) Renée
14	15	16	17	18	19	20
Women's Cycling Group FREE 9am	Ride Circuit Yoga 10:30am (60min) Renée Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessica	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina Tone & Yoga 7pm (60min) Jocelyn	Ritual Ride 5pm (45min) Renée Strength Circuit 6pm (60min) Renée	Ride Circuit 12pm (60min) Karli Ride Circuit Yoga 5:30pm (60min) Renée	Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina Gentle Flow Yoga 10:30am (45min) Renée	Ritual Ride 11am (45min) Karli
21	22	23	24	25	26	27
Women's Cycling Group FREE 9am	Ride Circuit Yoga 10:30am (60min) Renée Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessica	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina Tone & Yoga 7pm (60min) Jocelyn	Ritual Ride 5pm (45min) Renée Strength Circuit 6pm (60min) Renée	Ride Circuit 12pm (60min) Karli Ride Circuit Yoga 5:30pm (60min) Renée	Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina Gentle Flow Yoga 10:30am (45min) Renée	Ritual Ride 11am (45min) Karli
28	29	30	31	1	2	3
Women's Cycling Group FREE 9am	Ride Circuit Yoga 10:30am (60min) Renée Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessica	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina Tone & Yoga 7pm (60min) Jocelyn	Ritual Ride 5pm (45min) Renée Strength Circuit 6pm (60min) Renée	Ride Circuit 12pm (60min) Karli Ride Circuit Yoga 5:30pm (60min) Renée	Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina Gentle Flow Yoga 10:30am (45min) Renée	NO CLASSES TODAY HAPPY CIVIC HOLIDAY!