			July 201	9		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Women's Cycling Group FREE 9am	NO CLASSES HAPPY CANADA DAY!	2 Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina Tone & Yoga 7pm (60min) Jocelyn	3 Ritual Ride 5pm (45min) Renée Strength Circuit 6pm (60min) Renée	4 Ride Circuit 12pm (60min) Dina Ride Circuit Yoga 5:30pm (60min) Renée Yoga with Animals at Humane Society 7pm (60min) Renée	5 Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina Gentle Flow Yoga 10:30am (45min) Renée Sangria & Flow 7pm	6 Ritual Ride 11am (45min) Renée
7 Women's Cycling Group FREE 9am	8 Ride Circuit Yoga 10:30am (60min) Renée Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessicca	9 Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Shelby Tone & Yoga 7pm (60min) Jocelyn	10 Ritual Ride 5pm (45min) Renée Strength Circuit 6pm (60min) Renée	11 Ride Circuit 12pm (60min) Dina Ride Circuit Yoga 5:30pm (60min) Renée	12 Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina Gentle Flow Yoga 10:30am (45min) Renée	13 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 Jessicca	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	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	Ritual Ride 5pm (45min) Renée	Ride Circuit 12pm (60min) Karli	Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina Gentle Flow Yoga 10:30am (45min) Renée	Ritual Ride 11am (45min) Karli
	Ritual Run Group 6:30pm Jessicca	Tone & Yoga 7pm (60min) Jocelyn	Strength Circuit 6pm (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée		
28 Women's Cycling Group FREE 9am	29 Ride Circuit Yoga 10:30am (60min) Renée Yin Yoga 5:30pm (60min) Renée Ritual Run Group 6:30pm Jessicca	30 Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina Tone & Yoga 7pm (60min) Jocelyn	31 Ritual Ride 5pm (45min) Renée Strength Circuit 6pm (60min) Renée	1 Ride Circuit 12pm (60min) Karli Ride Circuit Yoga 5:30pm (60min) Renée	2 Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina Gentle Flow Yoga 10:30am (45min) Renée	3 NO CLASSES TODAY HAPPY CIVIC HOLIDAY!