June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Strength Circuit 6:15am (45min) Karli	5	6	7 Ritual Ride 6:45am (45min) Karli	8
Women's Cycling Group FREE 9am		Mama 'N Me Exercise 12pm (60min) Renée			Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina	Ritual Ride 11am (45min) Renée
	Yin Yoga 5:30pm (60min) Renée Ritual Run Group	Ride Circuit 5:30pm (60min) Dina	Ritual Ride 5pm (45min) Renée Strength Circuit 7pm	Ride Circuit Yoga 5:30pm (60min) Renée Yoga with Animals at	Gentle Flow Yoga 10:30am (45min) Renée	
	6:30pm Jessicca		(60min) Karli	Humane Society 7pm (60min) Renée		
9	10	11 Strength Circuit	12	13	14 Ritual Ride 6:45am	15
		6:15am (45min) Karli			(45min) Karli	DV 10:1 44
Women's Cycling Group FREE 9am		Mama 'N Me Exercise 12pm (60min) Renée			Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina	Ritual Ride 11am (45min) Renée
	Yin Yoga 5:30pm (60min) Renée	Ride Circuit 5:30pm (60min) Dina	Ritual Ride 5pm (45min) Renée	Dida Cias il Vana	Gentle Flow Yoga 10:30am (45min) Renée	
	Ritual Run Group 6:30pm Jessicca	Tone & Yoga 7pm (60min) Jocelyn	Strength Circuit 7pm (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée		
16	17	Strength Circuit 6:15am (45min) Karli	19	20	21 Ritual Ride 6:45am (45min) Karli	22
Women's Cycling Group		Mama 'N Me Exercise 12pm (60min) Renée			Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina	Ritual Ride 11am (45min) Renée
FREE 9am	Yin Yoga 5:30pm (60min) Renée	Ride Circuit 5:30pm (60min) Dina	Ritual Ride 5pm (45min) Renée		Gentle Flow Yoga 10:30am (45min) Renée	
	Ritual Run Group 6:30pm Jessicca	Tone & Yoga 7pm (60min) Jocelyn	Strength Circuit 7pm (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée		
23	24	25 Strength Circuit	26	27	28 Ritual Ride 6:45am	29
		6:15am (45min) Karli			(45min) Karli	
Women's Cycling Group FREE 9am		Mama 'N Me Exercise 12pm (60min) Renée			MODIFIED CLASS SCHEDULE	NO CLASSES HAPPY CANADA DAY!
	Yin Yoga 5:30pm (60min) Renée	Ride Circuit 5:30pm (60min) Dina	Ritual Ride 5pm (45min) Renée		SCHEDOLE	TIATT CANADA DATE
	Ritual Run Group 6:30pm Jessicca	Tone & Yoga 7pm (60min) Jocelyn	Strength Circuit 7pm (60min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée		
Women's Cycling Group FREE 9am	1	2	3	4	5	6
	NO CLASSES HAPPY CANADA DAY!	Strength Circuit 6:15am (45min) Karli			Ritual Ride 6:45am (45min) Karli	
		Mama 'N Me Exercise 12pm (60min) Renée	NEW CLASS stay tuned 10:30am (60min)		Mama 'N Me Stroller class (Upper Queen's) 10am (60min) Dina	Ritual Ride 11am (45min) Renée
		Ride Circuit 5:30pm (60min) Dina	Ritual Ride 5pm (45min) Renée	Ride Circuit Yoga 5:30pm (60min) Renée	Gentle Flow Yoga 10:30am (45min) Renée	
		Tone & Yoga 7pm (60min) Jocelyn	Strength Circuit 7pm (60min) Renée	Yoga with Animals at Humane Society 7pm (60min) Renée	Sangria & Flow 7pm	