

## August 2019

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

### COMING IN SEPTEMBER:

- September Boost Wellness Program: 2 weeks of in home yoga, meditation, workouts plus free in studio classes to get you back into your September groove. More info to come.
- Hip Hop Dance: one evening per week, join for a casual all levels hip hop class for the pure fun of it! Another way to move the body and get out of your head! Info, dates and times to come.
- More Humane Society Yoga with adoptable animals every month!
- Thanks for a fun stroller workout season, outdoor mama classes are completed by the end of August, but indoor classes continue!
- Subscribe to our newsletter to not miss out on anything coming your way! [ritualstudio.ca](http://ritualstudio.ca)