

# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<b>Closed</b>	<b>NO CLASSES HAPPY LABOUR DAY!</b>	Mama 'N Me Exercise <b>12pm</b> (60min) Renée Ride Circuit <b>5:30pm</b> (60min) Dina	Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée Ride Circuit Yoga <b>5:30pm</b> (60min) Renée Humane Society Yoga <b>7pm</b> (60min) Renée	Ritual Ride <b>7am</b> (45min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée	Ritual Ride <b>11am</b> (45min) Jessica
8	9	10	11	12	13	14
<b>September Boost Wellness Program Begins</b>	Yin Yoga <b>5:30pm</b> (60min) Renée	Mama 'N Me Exercise <b>12pm</b> (60min) Renée Ride Circuit <b>5:30pm</b> (60min) Dina	Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	Ritual Ride <b>7am</b> (45min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée <b>Wine &amp; Flow 7pm</b>	Ritual Ride <b>11am</b> (45min) Renée
15	16	17	18	19	20	21
<b>Closed</b>	Yin Yoga <b>5:30pm</b> (60min) Renée	Mama 'N Me Exercise <b>12pm</b> (60min) Renée Ride Circuit <b>5:30pm</b> (60min) Dina	Ritual Ride <b>5pm</b> (45min) Renée Yin Yoga <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	Ritual Ride <b>7am</b> (45min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée	Ritual Ride <b>11am</b> (45min) Karli
22	23	24	25	26	27	28
<b>September Boost Wellness Program Ends</b>	Yin Yoga <b>5:30pm</b> (60min) Renée	Mama 'N Me Exercise <b>12pm</b> (60min) Renée Ride Circuit <b>5:30pm</b> (60min) Dina	WAAC Swimmers Dryland <b>4pm</b> Renée Ritual Ride <b>5pm</b> (45min) Karli Yin Yoga <b>6pm</b> (60min) Renée	Circuit <b>4pm</b> (60min) Renée Ride Circuit Yoga <b>5:30pm</b> (60min) Renée	Ritual Ride <b>7am</b> (45min) Karli Gentle Flow Yoga <b>10:30am</b> (45min) Renée Mama 'N Me Exercise <b>12pm</b> (60min) Renée WAAC Swimmers Dryland <b>4pm</b> Renée	Ritual Ride <b>11am</b> (45min) Renée
29	30					
<b>Closed</b>	Yin Yoga <b>5:30pm</b> (60min) Renée  <b>Masterminds in Wellness: Naturopathic Approach to Stress with Dr. Keila Roesner 7pm</b>					