

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	WAAC Swimmers Dryland 4pm Renée Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	Circuit 4pm (60min) Renée Ride Circuit Yoga 5:30pm (60min) Renée	Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée Mama 'N Me Exercise 12pm (60min) Renée WAAC Swimmers Dryland 4pm Renée	Ritual Ride 11am (45min) Renée
6	7	8	9	10	11	12
Closed	Ritual Ride 5pm (45min) Renée Yin Yoga 6pm (60min) Renée	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	WAAC Swimmers Dryland 4pm Renée Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	Circuit 4pm (60min) Renée Ride Circuit Yoga 5:30pm (60min) Renée	Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée Mama 'N Me Exercise 12pm (60min) Renée WAAC Swimmers Dryland 4pm Renée Wine & Flow 7pm	Thanksgiving Edition: Ritual Ride 11am (45min) Renée
13	14	15	16	17	18	19
Closed	Happy Thanksgiving! Ritual Studio Closed	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	WAAC Swimmers Dryland 4pm Renée Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	Circuit 4pm (60min) Renée Ride Circuit Yoga 5:30pm (60min) Renée Masterminds in Wellness: Meal Planning with Heidi Pola 7pm	Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée Mama 'N Me Exercise 12pm (60min) Renée WAAC Swimmers Dryland 4pm Renée	Autumn Reset with Modo Yoga Stratford! Ritual Ride 11am (45min) Renée
20	21	22	23	24	25	26
Closed	Ritual Ride 5pm (45min) Renée Yin Yoga 6pm (60min) Renée	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina Ultimate Facials & Yoga 7:30pm	WAAC Swimmers Dryland 4pm Renée Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	Circuit 4pm (60min) Renée Ride Circuit Yoga 5:30pm (60min) Renée	Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée Mama 'N Me Exercise 12pm (60min) Renée WAAC Swimmers Dryland 4pm Renée	Ritual Ride 11am (45min) Renée
27	28	29	30	31		
Closed	Ritual Ride 5pm (45min) Renée Yin Yoga 6pm (60min) Renée	Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	WAAC Swimmers Dryland 4pm Renée Ritual Ride 5pm (45min) Renée Yin Yoga 6pm (60min) Renée	HAPPY HALLOWEEN! Circuit 4pm (60min) Renée Ride Circuit Yoga 5:30pm (60min) Renée		