

# December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<b>Closed</b>	Ritual Ride <b>5pm</b> (45min) Cate  Yin Yoga <b>6pm</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) 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	Ritual Ride <b>11am</b> (45min) Renée
8	9	10	11	12	13	14
<b>Closed</b>	Ritual Ride <b>5pm</b> (45min) Cate  Yin Yoga <b>6pm</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  WAAC Swimmers Dryland <b>4pm</b> Renée  <b>Wine &amp; Flow 7pm</b>	Ritual Ride <b>11am</b> (45min) Renée
15	16	17	18	19	20	21
<b>Closed</b>	Ritual Ride <b>5pm</b> (45min) Cate  Yin Yoga <b>6pm</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) 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	Ritual Ride <b>11am</b> (45min) Renée
22	23	24	25	26	27	28
<b>Closed</b>	<b>Modified Schedule</b>	<b>Modified Schedule</b>	<b>Closed Christmas Day!</b>	<b>Closed Boxing Day!</b>	<b>Modified Schedule</b>	<b>Modified Schedule</b>
29	30	31	1	2	3	4
<b>Closed</b>	<b>Modified Schedule</b>	<b>Modified Schedule</b>	<b>Closed Happy New Year!</b>	<b>Modified Schedule</b>	<b>Modified Schedule</b>	<b>Modified Schedule</b>