

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Closed	2 Ritual Ride 5pm (45min) Cate Yin Yoga 6pm (60min) Renée	3 Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	4 Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	5 Circuit 4pm (60min) Renée Ride Circuit Yoga 5:30pm (60min) Renée	6 Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée	7 Ritual Ride 11am (45min) Renée
8 Closed	9 Ritual Ride 5pm (45min) Cate Yin Yoga 6pm (60min) Renée	10 Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	11 WAAC Swimmers Dryland 4pm Renée Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	12 Circuit 4pm (60min) Renée Ride Circuit Yoga 5:30pm (60min) Renée	13 Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée WAAC Swimmers Dryland 4pm Renée Wine & Flow 7pm	14 Ritual Ride 11am (45min) Renée
15 Closed	16 Ritual Ride 5pm (45min) Cate Yin Yoga 6pm (60min) Renée	17 Mama 'N Me Exercise 12pm (60min) Renée Ride Circuit 5:30pm (60min) Dina	18 Ritual Ride 5pm (45min) Karli Yin Yoga 6pm (60min) Renée	19 Circuit 4pm (60min) Renée Ride Circuit Yoga 5:30pm (60min) Renée	20 Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée	21 Ritual Ride 11am (45min) Renée

Holiday Schedule

22 Closed	23 Ritual Ride 5pm (45min) Cate Yin Yoga 6pm (60min) Renée	24 Closed Christmas Eve!	25 Closed Christmas Day!	26 Closed Boxing Day!	27 Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée	28 Ritual Ride 11am (45min) Renée
29 Closed	30 Ritual Ride 5pm (45min) Cate Yin Yoga 6pm (60min) Renée	31 Closed New Year's Eve!	1 Closed Happy New Year!	2 Closed Staff Holiday!	3 Ritual Ride 7am (45min) Karli Gentle Flow Yoga 10:30am (45min) Renée	4 Ritual Ride 11am (45min) Renée