

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Cycle Circuit Champagne 4pm	Closed	Ritual Ride 7am (45min) Gentle Flow Yoga 10:30am (45min)	Ritual Ride 11am (45min)
5	6	7	8	9	10	11
Ritual Ride 11am (45min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Ride Circuit 9:30am (60min) Pelvic & Core Health 12pm (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Ride Circuit 9:30am (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 7am (45min) Gentle Flow Yoga 10:30am (45min) Wine & Flow 7pm	Ritual Ride 11am (45min)
12	13	14	15	16	17	18
Ritual Ride 11am (45min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Ride Circuit 9:30am (60min) Pelvic & Core Health 12pm (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Ride Circuit 9:30am (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 7am (45min) Gentle Flow Yoga 10:30am (45min)	Ritual Ride 11am (45min)
19	20	21	22	23	24	25
Ritual Ride 11am (45min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Ride Circuit 9:30am (60min) Pelvic & Core Health 12pm (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Ride Circuit 9:30am (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 7am (45min) Gentle Flow Yoga 10:30am (45min)	Ritual Ride 11am (45min)
26	27	28	29	30	31	
Ritual Ride 11am (45min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Ride Circuit 9:30am (60min) Pelvic & Core Health 12pm (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Ride Circuit 9:30am (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 7am (45min) Gentle Flow Yoga 10:30am (45min)	