

Modified March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Ritual Ride 11am (60min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Pelvic & Core Health 12pm (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min) Zumba Mix 7:15pm (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 (60min) Winter Reset at Ritual Studio & Modo Yoga 1pm
8	9	10	11	12	13	14
Ritual Ride 11am (60min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	Pelvic & Core Health 12pm (60min) Ride Circuit Yoga 5:30pm (75min)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min) Zumba Mix 7:15pm (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	
15	16	17	18	19	20	21
	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	HOME: cardio strength yoga 5:15pm (60min) (online class)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	HOME: cardio strength yoga 5:15pm (60min) (online class)	Gentle Flow Yoga 10:30am (45min)	Ritual Ride 11am (60min)
22	23	24	25	26	27	28
	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	HOME: cardio strength yoga 5:15pm (60min) (online class)	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	HOME: cardio strength yoga 5:15pm (60min) (online class)	Gentle Flow Yoga 10:30am (45min)	Ritual Ride 11am (60min)
29	30	31				
Yoga in the Greenhouse at Cozyn's 11am	Ritual Ride 5pm (45min) Yin Yoga 6pm (60min)	HOME: cardio strength yoga 5:15pm (60min) (online class)				