## March 2020

Sunday		Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
Ritual Ride 11am (60min)	1	Ritual Ride <b>5pm</b> (45min)	2	Pelvic & Core	4 Ritual Ride <b>5pm</b> (45min)	Ride Circuit 9:30am (60min)	Ritual Ride 7am (45min)	7 Ritual Ride 11am (60min)
		Yin Yoga 6pm (60min)		12pm (60min) Ride Circuit Yoga 5:30pm (75min)	Yin Yoga 6pm (60min) Zumba Mix	Ride Circuit Yoga 5:30pm (75min)	Gentle Flow Yoga 10:30am (45min)	Winter Reset at Ritual Studio & Modo Yoga 1pm
					7:15pm (60min)			ipiii
	8		9	10	11	12	13	14
Ritual Ride 11am (60min)		Ritual Ride <b>5pm</b> (45min)		Pelvic & Core Health 12pm (60min)	Ritual Ride <b>5pm</b> (45min)	Ride Circuit 9:30am (60min)	Ritual Ride <b>7am</b> (45min)	Ritual Ride 11am (60min)
		Yin Yoga <b>6pm</b> (60min)	pm	Ride Circuit Yoga 5:30pm (75min)	Yin Yoga <b>6pm</b> (60min)	Ride Circuit Yoga 5:30pm (75min)	Gentle Flow Yoga 10:30am (45min)	
		(00111111)		o.copiii (/ ciriiii)	Zumba Mix <b>7:15pm</b> (60min)		Wine & Flow 7pm	
	15		16	17	18	19	20	21
Ritual Ride 11am (60min)		Ritual Ride <b>5pm</b> (45min)		Pelvic & Core Health 12pm (60min)	Ritual Ride <b>5pm</b> (45min)	Ride Circuit 9:30am (60min)	Ritual Ride <b>7am</b> (45min)	Ritual Ride 11am (60min)
		Yin Yoga <b>6pm</b> (60min)		Ride Circuit Yoga 5:30pm (75min)	Yin Yoga <b>6pm</b> (60min)	Ride Circuit Yoga 5:30pm (75min)	Gentle Flow Yoga 10:30am (45min)	
				C.O.P.II. (/ O.T.III.)	Zumba Mix <b>7:15pm</b> (60min)	Low Back Pain & Injury Management 7pm		
	22		23	24	25	26	27	28
Ritual Ride 11am (60min)		Ritual Ride <b>5pm</b> (45min)		Pelvic & Core Health 12pm (60min)	Ritual Ride <b>5pm</b> (45min)	Ride Circuit 9:30am (60min)	Ritual Ride <b>7am</b> (45min)	Ritual Ride 11am (60min)
		Yin Yoga <b>6pm</b> (60min)		Ride Circuit Yoga 5:30pm (75min)	Yin Yoga <b>6pm</b> (60min)	Ride Circuit Yoga 5:30pm (75min)	Gentle Flow Yoga 10:30am (45min)	
		(00.1)		(/ C.r.ii)	Zumba Mix <b>7:15pm</b> (60min)			
	29		30	31				
Ritual Ride 11am (60min)		Ritual Ride <b>5pm</b> (45min)		Pelvic & Core Health 12pm (60min)				
Yoga in the Greenhouse at Cozyn's 11am		Yin Yoga 6pm (60min)		Ride Circuit Yoga 5:30pm (75min)				