

Class Schedule - Effective Tuesday Sept. 5th

Monday	Tuesday		Wednesday	Thursday		Friday	Saturday	Sunday			
							9:00 - 10:00 Hatha Hyunjoo	9:00 - 10:00 Hatha Diane			
9:15 - 10:15 Gentle Yoga Kim	9:15 - 10:15 Hatha Diane		9:15 - 10:15 Gentle Yoga Su	9:15 - 10:15 Gentle Yoga Sylvie		9:15 - 10:15 Hatha Diane					
9:30 - 10:30 Yoga Flow Su	9:30 - 10:30 Gentle Yoga Cara-Lynne	9:30 - 10:30 Pilates Carole	9:30 - 10:30 Hatha & Meditation Glenda	9:30 - 10:30 Hatha Kimberly	9:30 - 10:30 Pilates Suzanne	9:30 - 10:30 Gentle Flow Glenda	9:30 - 10:30 Barrelates Anita	9:30 - 10:30 Power Yoga Hyunjoo			
10:30 - 11:30 Forever Young Yoga Carole			10:30 - 11:45 Yin Yoga Diane			10:30 - 11:30 Gentle Yoga Dawn-Marie	10:15 - 11:30 Yin Yoga Hyunjoo	10:15 - 11:15 Gentle Yoga Dawn-Marie			
	10:45 - 12:00 Restorative Yoga Dawn-Marie			10:45 - 11:45 Meditation Kimberly							
1:00 - 2:00 Mom & Baby * Sept. 25 to Nov. 6	12:30 - 1:30 BCA* Sept 19 to Dec 12					11:30 - 12:30 BCA* Sept 22 to Dec 15	10:45 - 11:45 Gentle Yoga Catherine	10:45 - 12:00 Stress Redux Richard			
1:00 - 2:00 Gentle Pilates Suzanne	1:00 - 2:00 Gentle Yoga Tina		1:00 - 2:00 Gentle Pilates Suzanne	1:00 - 2:00 Gentle Yoga Suzanne		1:00 - 2:15 Stress Redux Richard					
						<p style="text-align: center;">Fall Workshops at Beyond Yoga! Go to www.beyondyogaottawa.com for more information</p> <p style="text-align: center;"><u>Yin & Restorative - Hips with Dawn-Marie Bourgeois</u> Sunday, Oct. 15 - 1:00 p.m. - 2:30 p.m.</p> <p style="text-align: center;"><u>Restorative Thai Yoga Class with Suzanne McCafferty & Carole Houde</u> Wednesday, Oct. 18 - 1:15 p.m. - 3:15 p.m. <i>Sold out! - Waitlist Only - Next Date November 15th</i></p> <p style="text-align: center;"><u>Let's Talk Yoga - Yoga and Happiness with Sylvie Guoin</u> Wednesday, Oct. 18 - 7:30 p.m. - 8:30 p.m.</p> <p style="text-align: center;"><u>Pelvic Floor - Part 2 - with Kerri Morrison-McCabe</u> Saturday, October 28th - 1:00 p.m. - 3:00 p.m.</p> <p style="text-align: center;"><u>Let's Talk Yoga - Yoga and the Art of Letting Go with Sylvie Guoin</u> Thursday, Oct. 26 - 10:30 a.m. - 11:30 a.m.</p> <p style="text-align: center;"><u>Yoga Nidra with Kimberly Mantas</u> Monday, Oct. 30 - 7:30 p.m. - 8:30 p.m.</p>					
5:30 - 6:30 Hatha Su	5:30 - 6:30 Pilates Anita		5:30 - 6:30 Yoga Flow Diane	5:30 - 6:30 Hatha Jessica							
6:00 - 7:00 Yin Richard	6:00 - 7:00 New Class! Yin Yoga Deborah		6:00 - 7:00 Gentle Yoga Sylvie	6:00 - 7:00 Barrelates Carole							
6:00 - 7:00 Prenatal Yoga** Sept. 11 to Oct. 30											
6:45 - 7:45 Power Yoga Su	6:45 - 7:45 Gentle Yoga Melanie		6:45 - 7:45 Hatha Ana	6:45 - 7:45 Gentle Yoga Cara-Lynne							
7:15 - 8:30 Stress Redux Richard	7:15 - 8:15 Hatha Sue		7:15 - 8:30 Restorative Yoga Glenda	7:15 - 8:30 Yin & Meditation Brian							
	7:30 - 8:30 Meditation Course** Sept. 12 to Oct. 17			7:30 - 8:30 Hatha Basics Carole							

**Registration and separate fee required. *BCA Breast Cancer Action is a private Class. Please register at www.bcaott.ca
New to Yoga? Try our Intro offer \$35 for 30 days of unlimited yoga classes. *Conditions Apply.