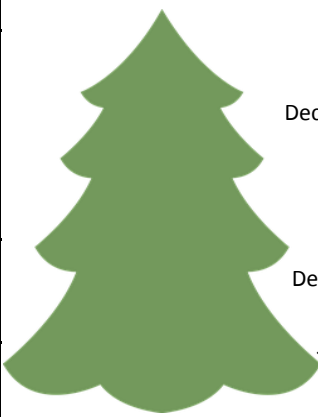




Holiday Class Schedule
Dec. 18th to Jan. 5th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed Dec. 25th Closed Jan. 1st	Closed Dec. 26th		Beyond Holiday Cheer December 21st		9:00 - 10:00 Hatha Yoga Hyunjoo	9:00 - 10:00 Hatha Yoga Diane
9:15 - 10:15 Gentle Yoga Dawn-Marie	9:15 - 10:15 Hatha Yoga Diane	9:15 - 10:15 Gentle Yoga Su	9:15 - 10:15 Gentle Yoga Hyunjoo	9:15 - 10:15 Hatha Yoga Diane		
9:30 - 10:30 Yoga Flow Su	9:30 - 10:30 Gentle Yoga Cara-Lynne	9:30 - 10:30 Hatha & Meditation Glenda	9:30-10:30 Pilates Carole	9:30 - 10:30 Gentle Flow Glenda		
					10:15 - 11:30 Yin Yoga Hyunjoo	10:15 - 11:15 Gentle Yoga Dawn-Marie
10:45 - 11:45 New time! Forever Young Yoga Carole	10:45 - 12:00 New Year - Jan 2 Restorative Yoga Dawn-Marie	10:45 - 11:45 New time! Yin Yoga Diane	10:45 - 11:45 Meditation Kimberly	10:45 - 11:45 New time! Gentle Yoga Dawn-Marie	10:45 - 11:45 Gentle Yoga Catherine	
1:00 - 2:00 Gentle Pilates Suzanne	1:00 - 2:00 Gentle Yoga Tina	1:00 - 2:00 Gentle Pilates Deborah	1:00 - 2:00 Gentle Yoga Shelley	1:00 - 2:15 Stress Redux Richard		
5:30 - 6:30 Hatha Yoga Su	5:30 - 6:30 Pilates Anita	5:30 - 6:30 Yoga Flow Diane	5:30 - 6:30 Holiday Music - Dec 21 Hatha Yoga Jessica			
6:00 - 7:00 Yin Yoga Richard		6:00 - 7:15 Stress Release - Dec 20 Gentle & Restorative Glenda				
	6:45 - 7:45 Aromatherapy - Dec 19 Gentle Yoga Melanie	6:45 - 7:45 Hatha Yoga Ana	6:45 - 7:45 Gentle Yoga Tina			
7:15 - 8:30 Stress Redux Richard	New time! 7:15 - 8:30 Yin Yoga Deborah		7:15 - 8:30 Yin & Meditation Brian			



Special Classes for the Holidays

- Dec. 19th - **Aromatherapy** Gentle Yoga
6:45 p.m. - 7:45 p.m.
- Dec. 20th - **Stress Release**
Gentle & Restorative
6:00 p.m. - 7:15 p.m.
- Dec. 21st - **Holiday Music** Hatha Yoga
5:30 p.m. - 6:30 p.m.
- Jan. 2nd - **New Year** Restorative
10:45 a.m. - 12:00 p.m.

Go Beyond this Holiday Season with unique gift ideas! **9 Class Pass for \$99*** - On sale until December 25th
* Special conditions apply. Check our website for details www.beyondyogaottawa.com
Schedule subject to change