

Class Schedule - Effective Saturday, January 6th

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 Dawn-Marie	9:15 - 10:15 Hatha Diane		9:15 - 10:15 Gentle Yoga Su		9:15 - 10:15 Gentle Yoga Hyunjoo		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 - 10:45 Somatic Movement Richard	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
								10:15 - 11:30 Yin Yoga Hyunjoo	10:15 - 11:15 Gentle Yoga Dawn-Marie
10:45 - 11:45 Forever Young Yoga Carole	10:45 - 12:00 Restorative Yoga Dawn-Marie		10:45 - 11:45 Yin Yoga Diane		10:45 - 11:45 Meditation Kimberly		10:45 - 11:45 Gentle Yoga Dawn-Marie	10:45 - 11:45 Gentle Yoga Catherine	10:45 - 12:00 SomaYin Richard
			12:00 - 12:50 **Intro to Tai Chi** Feb 14 to March 28						
	12:30 - 1:30 BCA* Jan 16 to March 27						11:30 - 12:30 BCA* Jan 19 to Mar 23		
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 Somatic Movement Richard		
							<p>Winter Workshops at Beyond Yoga! www.beyondyogaottawa.com</p> <p>Special Events</p> <p>Karma Meditation with Kimberly Mantas Tuesday - February 12th - 1:15 p.m. - 2:15 p.m.</p> <p>Hot Stone Restorative with Christine Gubbels - Sold out! Thursday - February 15th - 6:30 p.m. - 8:30 p.m.</p> <p>Yin & Restorative with Dawn-Marie Bourgeois Sunday, February 25th - 1:00 p.m. - 2:30 p.m.</p> <p>Mantra Meditation with a Mala with Kimberly Mantas Tuesday, February 27th - 7:30 p.m. - 8:30 p.m.</p> <p>Healing Crystal Bowl & Meditation with Kylie Delfino Wednesday, February 28th - 6:30 p.m. - 7:30 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 Leyette				
6:00 - 7:00 SomaYin Richard	6:00 - 7:00 Hatha Sue		6:00 - 7:00 Gentle Yoga Carole						
6:00 - 7:00 **Prenatal Yoga** Jan 15 to Feb 26									
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 Tina				
7:15 - 8:30 Somatic Movement Richard	7:15 - 8:30 Yin Yoga Deborah		7:15 - 8:30 Restorative Yoga Carole		7:15 - 8:30 Yin & Meditation Brian				
	7:30 - 8:30 **Meditation Course** Jan 16 to Feb 20								

****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.