

Class Schedule - Effective Monday, April 2nd, 2018

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 Stress Redux 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 Tai Chi ** April 4th to May 16th						
	12:30 - 1:30 BCA* April 2nd to June 12th						11:30 - 12:30 BCA* April 5th to June 15th		
1:00 - 2:00 Gentle Pilates Suzanne	1:00 - 2:00 Gentle Yoga Tina		1:00 - 2:00 Gentle Pilates Carole		1:00 - 2:00 Gentle Yoga Suzanne		1:00 - 2:15 Stress Redux Richard		
							<p>Spring Events at Beyond Yoga!</p> <p>Karma Meditation - Monday - April 16th - 1:00 p.m.</p> <p>Gentle for Hips - Sundays - April 15th, 22nd and 29th - 11:30 a.m.</p> <p>Balancing Chakras through Power Yoga - Thursday, April 19th - 6:00 p.m.</p> <p>Yoga Shred - Saturday, April 21st and May 12th - 9:30 a.m.</p> <p>Yoga for Golfers® Series - Thursdays - April 26th to May 19th - 6:00 p.m.</p> <p>Crystal Bowl Meditation - Wednesday - May 2nd - 6:30 p.m.</p> <p>Silent Meditation Retreat - Saturday - May 5th - 12:30 p.m.</p> <p>Mother's Day High Tea - Sunday - May 13th - 2:00 p.m.</p> <p>Sense-ational Yoga+Chocolate+Wine Tasting - Thursday - June 7th - 6:00 p.m.</p> <p>www.beyondyogaottawa.com</p>		
5:30 - 6:30 Hatha Su	New Time! 5:30 - 6:30 Hatha Sue		5:30 - 6:30 Yoga Flow Jessica		5:30 - 6:30 Hatha Leyette				
6:00 - 7:00 SomaYin Richard	New Time! 6:00 - 7:00 Pilates Anita		6:00 - 7:00 Gentle Yoga Carole		6:00 - 7:00 Intro to Yoga ** April 5th to May 10th				
6:00 - 7:00 Prenatal Yoga** April 16th to May 14th									
New Class! 6:45 - 7:45 Gentle 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 Stress Redux 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** March 27th to May 1st								

****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.