


Class Schedule - Effective Monday, June 4th, 2018

| Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | Sunday | |
|--|---|---|--|--|---|---|--|--|
| | | | | | | 9:00 - 10:00 Hatha Shelley | 9:00 - 10:00 Hatha Diane | |
| 9:15 - 10:15 Gentle Yoga Dawn-Marie | New Time! 9:15 - 10:15 Gentle Yoga Cara-Lynne | 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 | New Time! 9:30 - 10:30 Hatha Carole | 9:30 - 10:45 Stress Redux Richard | 9:30 - 10:30 Hatha & Meditation Glenda | 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 Brian Simser | |
| | | | | | | 10:15 - 11:30 Yin Yoga Shelley | 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 Leyette | 11:30 - 12:30 Gentle Hips Dawn-Marie | |
| | 12:30 - 1:30 BCA* April 2nd to June 12th | Tai Chi 12:00 - 12:50** May 23rd to June 27th | | | 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 style="text-align: center;">Summer Events at Beyond Yoga!</p> <p style="text-align: center;"><i>Yin Yoga and the Breath</i> Fridays - June 8th and 22nd - 11:00 a.m.</p> <p style="text-align: center;"><i>A Summer Solstice Celebration!</i> <i>Meditation & Chanting</i> Thursday, June 21st - 6:00 p.m.</p> <p style="text-align: center;"><i>Sense-ational Yoga + Chocolate + Wine Tasting</i> Thursday, June 7th - 6:00 p.m.</p> <p style="text-align: center;"><i>Karma Meditation</i> Monday, June 18th - 1:00 p.m.</p> <p style="text-align: center;"><i>Crystal Bowl Meditation</i> Thursdays - June 28th & July 26th - 6:30 p.m. Wednesday - August 29th - 6:30 p.m.</p> <p style="text-align: center;">www.beyondyogaottawa.com</p> | | |
| 5:30 - 6:30 Hatha Su | 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 | 6:00 - 7:00 Pilates Anita | 6:00 - 7:00 Gentle Yoga Carole | | | | | | |
| 6:00 - 7:00 Prenatal Yoga** June 4th to July 16th | | | | | | | | |
| 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 Brian Simser | | | | |
| 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 Moore | | | | |
| | 7:30 - 8:30 Meditation Course** May 5th to June 19th | | | | | | | |

****Registration and separate fee required. *BCA Breast Cancer Action is a private Class. Please register at www.bcaott.ca**
Summer Solstice Special - \$149.00 + HST - Unlimited classes - June 21st to September 2nd - *Conditions apply