

Class Schedule - Effective Tuesday, September 4th, 2018

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
								9:00 - 10:00 Hatha Shelley	<i>New Time!</i> 9:00 - 10:00 Power Brian S.
9:15 - 10:15 Gentle Yoga Dawn-Marie	9:15 - 10:15 Gentle Yoga Carole		9:15 - 10:15 Gentle Yoga Su		9:15 - 10:15 Gentle Yoga Sylvie		9:15 - 10:15 Hatha Diane	9:30 - 10:30 <i>New!</i> Pilates Anita	<i>New Time!</i> 9:30 - 10:30 Hatha Diane
9:30 - 10:30 Yoga Flow Su	9:30 - 10:30 <i>New!</i> Heart Opening Hatha Kylie	9:30 - 10:30 <i>New!</i> Pilates Deborah	9:30 - 10:45 Stress Redux Richard	9:30 - 10:30 Hatha and Meditation Glenda	9:30 - 10:30 Hatha Kimberly	9:30 - 10:30 Pilates Suzanne	9:30 - 10:30 Gentle Flow Glenda	10:15 - 11:30 Yin Yoga Shelley	10:15 - 11:15 Gentle Yoga Dawn-Marie
10:45 - 11:45 Forever Young 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	<i>New!</i> 10:45 - 12:00 Yin and Meditation Diane
	11:30 - 12:30 BCA** Sept 4 - Dec 18						11:30 - 12:30 BCA** Sept 7 to Dec 21		11:30 - 12:30 Gentle Hips Dawn-Marie
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		
5:30 - 6:30 Hatha Su	5:30 - 6:30 Hatha Sue M.		5:30 - 6:30 Yoga Flow Brian S.		5:30 - 6:30 Hatha Leyette				
<i>New!</i> 6:00 - 7:00 Yin Yoga Richard	6:00 - 7:00 Pilates Anita		6:00 - 7:00 Gentle Yoga Carole						
6:45 - 7:45 Gentle Yoga Su	6:45 - 7:45 Gentle Yoga Melanie		6:45 - 7:45 Hatha Glenda		6:45 - 7:45 Gentle Yoga Brian S.				
7:15 - 8:30 Stress Redux Richard	7:15 - 8:30 Yang Yin Deborah		7:15 - 8:30 Restorative Yoga Christina		7:15 - 8:30 Yin and Meditation Brian M.				
Registered Programs									
6:00 - 7:00 Prenatal * Oct 15 to Dec 3 - 8 weeks	6:00 - 7:00 Tai Chi * Sept 11 to Oct 16 - 6 weeks				6:00 - 7:00 Intro to Yoga * Sept 13 to Oct 4 - 4 weeks				
	7:30 - 8:30 Meditation * Sept 11 to Oct 23 - 6 weeks				6:00 - 7:00 Prenatal * Oct 11 - Dec 6 - 8 weeks				

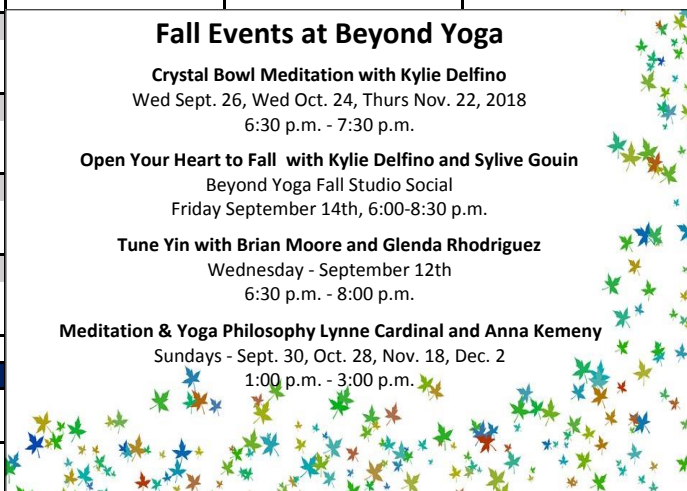
Fall Events at Beyond Yoga

Crystal Bowl Meditation with Kylie Delfino
Wed Sept. 26, Wed Oct. 24, Thurs Nov. 22, 2018
6:30 p.m. - 7:30 p.m.

Open Your Heart to Fall with Kylie Delfino and Sylvie Guoin
Beyond Yoga Fall Studio Social
Friday September 14th, 6:00-8:30 p.m.

Tune Yin with Brian Moore and Glenda Rhodriguez
Wednesday - September 12th
6:30 p.m. - 8:00 p.m.

Meditation & Yoga Philosophy Lynne Cardinal and Anna Kemeny
Sundays - Sept. 30, Oct. 28, Nov. 18, Dec. 2
1:00 p.m. - 3:00 p.m.



***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.