






Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday			
								9:00 - 10:00 Hatha Shelley	9:00 - 10:00 Power Brian S.			
9:15 - 10:15 Gentle Yoga Dawn-Marie	9:15 - 10:15 Gentle Yoga Elaine		9:15 - 10:15 Gentle Yoga Su		9:15 - 10:15 Gentle Yoga Carole		9:15 - 10:15 Hatha Diane	9:30 - 10:30 Pilates Anita	9:30 - 10:30 Hatha Leyette			
9:30 - 10:30 Yoga Flow Su	9:30 - 10:30 Heart Opening Hatha Diane	9:30 - 10:30 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 Maddalena	10:45 - 12:00 Yin and Meditation Leyette			
	11:30 - 12:30 BCA** Jan 8-April 30						11:30-12:30 BCA** Jan 11-April 26		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 - 2:00 Forever Strong Carole	1:00 - 2:15 Stress Redux Richard					
							<p>Special Classes at Beyond Yoga</p> <p>Introduction to Meditation Tuesday - January 8th - 10:45 a.m. - 11:45 a.m.</p> <p>Thai Restorative Small Group with Suzanne McCafferty Thursday - January 10th - 10:45 a.m. - 12:45 p.m. Sunday - January 20th - 1:00 p.m. - 3:00 p.m.</p> <p>Yoga Shred® Inspired Series Thursdays - January 10th to January 31st - 6:00 p.m. - 7:00 p.m.</p> <p>Tune Yin with Brian Moore and Glenda Rodriguez Sunday - January 13th - 1:00 p.m. - 2:30 p.m.</p> <p>Monthly Karma Meditation with Kimberly Mantas Monday - January 14th - 1:00 p.m. - 2:00 p.m.</p> <p>Crystal Bowl Meditation with Kylie Delfino Wednesday - January 23rd - 6:30 p.m. - 7:30 p.m.</p> <p>Hot Stone Restorative with Christina Gubbels Thursday - January 17th & January 31st - 6:30 p.m. - 8:30 p.m.</p> <p>Restore Harmony with Glenda Rodriguez Monday - January 21 - 1:45 - 3:15 p.m.</p> <p>Yoga Nidra with Kimberly Mantas Monday - January 28 - 1:30 - 2:30 p.m.</p>					
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							
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 Gentle Yoga Brian S.							
7:15 - 8:30 Stress Redux Richard	7:15 - 8:30 Yang Yin Deborah		7:15 - 8:30 Restorative Christina		7:15 - 8:30 Yin and Meditation Brian M.							
Registered Programs												
6:00 - 7:00 Prenatal * Jan. 7 to Feb. 11 - 6 weeks												
7:15 - 8:15 Yoga 101* Jan. 7 to Jan. 28 - 4 weeks	7:30 - 8:30 Meditation * Jan. 15 to Feb. 19- 6 weeks											

*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 \$45 for 30 days of unlimited yoga classes. *Conditions Apply.

 Heart Wise Program Classes. For more information check the website under classes for the Heart Wise Program.

Check our website for Registered Programs & Workshops