







Class Schedule - Effective Monday, January 7th, 2019

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 Carole	1:00 - 2:00 Gentle Yoga Tina		1:00 - 2:00 Gentle Pilates Suzanne		1:00 - 2:00 Gentle Yoga Suzanne	1:00 - 2:00 Forever Strong Carole	1:00 - 2:15 Stress Redux Richard					
							<p style="text-align: center;"><b>Special Classes at Beyond Yoga in February</b></p> <p>Thai Restorative Small Group with Suzanne McCafferty Thursday - February 7th - 10:45 a.m. - 12:45 p.m.</p> <p>Build your Personal Power with Brian Simser &amp; Saje Natural Wellness Thursday - February 7th - 6:00 p.m. - 7:30 p.m.</p> <p>Stress Redux with Richard Hudspith &amp; Saje Natural Wellness Friday - February 8th - 1:00 p.m. - 2:15 p.m.</p> <p>Tune Yin with Yang with Brian Moore and Glenda Rodriguez Sunday - February 10th - 1:00 p.m. - 3:00 p.m.</p> <p>MIND-FUL HEALTH with Terri Gentes Wednesday - February 13th - 6:30 p.m. - 7:30 p.m.</p> <p>Yoga Shred® Inspired Series with Elaine Jandciu Thursdays - February 14th to February 28th - 6:00 p.m. - 7:00 p.m.</p> <p>Family Yoga - Happy Family with Leyette Ross Monday - February 18th - 2:30 p.m. - 3:30 p.m.</p> <p>Crystal Bowl Meditation with Kylie Delfino Wednesday - February 20th - 6:30 p.m. - 7:45 p.m.</p> <p>Hot Stone Restorative with Christina Gubbels Thursday - February 21st - 6:30 p.m. - 8:30 p.m.</p> <p>Try-it Tai Chi with Jürgen Portz Tuesdays - February 26th - 6:00 p.m. - 7:00 p.m.</p> <p>Yoga Nidra with Kimberly Mantas Tuesday - February 26th - 7:30 p.m. - 8:30 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 Alison							
7:15 - 8:30 Stress Redux Richard	7:15 - 8:30 Yang Yin Carole		7:15 - 8:30 Restorative Christina		7:15 - 8:30 Yin and Meditation Brian M.							
<b>Registered Programs</b>												
6:00 - 7:00 Prenatal * Jan. 7 to Feb. 11 - 6 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](http://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