







Class Schedule - Effective Monday, January 7th, 2019

| Monday   | Tuesday   |                                    | Wednesday  |   | Thursday  |   | Friday   | Saturday                                  | Sunday   |  |  |  |
|--|---|------------------------------------|--|---|---|---|--|---|--|--|--|--|
|  |   |                                    |  |   |   |   |  | 9:00 - 10:00<br>Hatha<br>Shelley          | 9:00 - 10:00<br>Power<br>Brian S.              |  |  |  |
| 9:15 - 10:15<br>Gentle Yoga<br>Dawn-Marie  | 9:15 - 10:15<br>Gentle Yoga<br>Elaine   |                                    | 9:15 - 10:15<br>Gentle Yoga<br>Deborah   |   | 9:15 - 10:15<br>Gentle Yoga<br>Carole   |   | 9:15 - 10:15<br>Hatha<br>Diane   | 9:30 - 10:30<br>Pilates<br>Anita          | 9:30 - 10:30<br>Hatha<br>Leyette               |  |  |  |
| 9:30 - 10:30<br>Yoga Flow<br>Carole  | 9:30 - 10:30<br>Heart<br>Opening Hatha<br>Diane   | 9:30 - 10:30<br>Pilates<br>Deborah | 9:30 - 10:45<br>Stress Redux<br>Richard  | 9:30 - 10:30<br>Hatha and<br>Meditation<br>Glenda | 9:30 - 10:30<br>Hatha<br>Kimberly   | 9:30 - 10:30<br>Pilates<br>Suzanne      | 9:30 - 10:30<br>Gentle Flow<br>Glenda  | 10:15 - 11:30<br>Yin Yoga<br>Shelley      | 10:15 - 11:15<br>Gentle Yoga<br>Dawn-Marie     |  |  |  |
| 10:45 - 11:45<br> Forever Young<br>Carole | 10:45 - 12:00<br> Restorative Yoga<br>Dawn-Marie |                                    | 10:45 - 11:45<br> Yin Yoga<br>Diane |   | 10:45 - 11:45<br> Meditation<br>Kimberly |   | 10:45 - 11:45<br> Gentle Yoga<br>Dawn-Marie   | 10:45 - 11:45<br>Gentle Yoga<br>Maddalena | 10:45 - 12:00<br>Yin and Meditation<br>Leyette |  |  |  |
|  | 11:30 - 12:30<br>BCA**<br>Jan 8-April 30  |                                    |  |   |   |   | 11:30-12:30<br>BCA**<br>Jan 11-April 26  |   | 11:30 - 12:30<br>Gentle Hips<br>Dawn-Marie     |  |  |  |
| 1:00 - 2:00<br>Gentle Pilates<br>Maddalena   | 1:00 - 2:00<br>Gentle Yoga<br>Tina  |                                    | 1:00 - 2:00<br>Gentle Pilates<br>Suzanne   |   | 1:00 - 2:00<br>Gentle Yoga<br>Suzanne   | 1:00 - 2:00<br>Forever Strong<br>Carole | 1:00 - 2:15<br>Stress Redux<br>Richard   |   |  |  |  |  |
|  |   |                                    |  |   |   |   | <p align="center"><b>Special Classes at Beyond Yoga in February</b></p> <p><b>Yoga Shred® Inspired Series with Elaine Jandciu</b><br/>Thursdays - February 14th to February 28th - 6:00 p.m. - 7:00 p.m.</p> <p><b>Try-it Tai Chi with Jürgen Portz</b><br/>Tuesday - February 26th - 6:00 p.m. - 7:00 p.m.</p> <p><b>Yoga Nidra with Kimberly Mantas</b><br/>Tuesday - February 26th - 7:30 p.m. - 8:30 p.m.</p> <p><b>Restore Harmony with Glenda Rodriguez</b><br/>Monday - March 4th - 1:45 p.m. - 3:15 p.m.</p> <p><b>Thai Restorative with Suzanne McCafferty</b><br/>Thursday - March 14th - 10:45 a.m. - 12:45 p.m.<br/>Sunday - March 3rd &amp; 24th - 1:00 p.m. - 3:00 p.m.</p> <p><b>Family Yoga with Leyette Ross</b><br/>Sunday - March 17th - 1:00 p.m. - 2:00 p.m.</p> <p><b>Monthly Karma Meditation with Kimberly Mantas</b><br/>Monday - March 18th - 1:00 p.m. - 2:00 p.m.</p> <p><b>Meditative Watercolours for Flow with Andrea Noriega</b><br/>Wednesday - March 20th - 1:00 p.m. - 3:00 p.m.</p> <p><b>Hot Stone Restorative with Christina Gubbels</b><br/>Thursday - March 28th - 6:30 p.m. - 8:30 p.m.</p> |   |  |  |  |  |
| 5:30 - 6:30<br>Hatha<br>Su   | 5:30 - 6:30<br>Hatha<br>Sue M.  |                                    | 5:30 - 6:30<br>Yoga Flow<br>Brian S.   |   | 5:30 - 6:30<br>Hatha<br>Leyette   |   |  |   |  |  |  |  |
| 6:00 - 7:00<br>Yin Yoga<br>Richard   | 6:00 - 7:00<br>Pilates<br>Anita   |                                    | 6:00 - 7:00<br>Gentle Yoga<br>Christina  |   |   |   |  |   |  |  |  |  |
| 6:45 - 7:45<br>Gentle Yoga<br>Su   | 6:45 - 7:45<br>Gentle Yoga<br>Melanie   |                                    |  |   | 6:45 - 7:45<br>Gentle Yoga<br>Alison  |   |  |   |  |  |  |  |
| 7:15 - 8:30<br>Stress Redux<br>Richard   | 7:15 - 8:30<br>Yang Yin<br>Carole   |                                    | 7:15 - 8:30<br>Restorative<br>Christina  |   | 7:15 - 8:30<br>Yin and Meditation<br>Brian M.   |   |  |   |  |  |  |  |
|  |   |                                    |  |   |   |   |  |   |  |  |  |  |
| <b>Registered Programs</b>   |   |                                    |  |   |   |   |  |   |  |  |  |  |
| 6:00 - 7:00 Prenatal *<br>Feb. 25 to April 1 - 6 weeks   |   |                                    |  |   |   |   |  |   |  |  |  |  |
|  | 7:30 - 8:30 Meditation *<br>March 19 to April 23 - 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