



Class Schedule - Effective Monday, April 1st, 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 Deborah		9:15 - 10:15 Gentle Yoga Sylvie		9:15 - 10:15 Hatha Diane	9:30 - 10:30 Pilates Anita	9:30 - 10:30 Hatha Leyette
9:30 - 10:30 Yoga Flow Carole	9:30 - 10:30 Hatha Diane	9:30 - 10:30 Pilates Deborah	9:30 - 10:45 Somatic Movement Richard	9:30 - 10:30 ***Hatha & 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	
	11:30 - 12:30 BCA** April 2 to June 25						11:30-12:30 BCA** April 5 to June 28		11:30 - 12:30 Gentle Hips Dawn-Marie
1:00 - 2:00 Gentle Pilates Maddalena	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 Cathy	1:00 - 2:15 ***Somatic Movement Richard		
	New! 4:30- 5:30 Yoga Flow Elaine							 <p align="center">Special Classes at Beyond Yoga in April</p> <p>Yoga for Golfers® with Diane Lanthier Thursdays - April 4th to April 25th - 6:00 p.m. - 7:00 p.m.</p> <p>Meditation for Daily Living with Brian Moore Sunday - April 14th - 10:45 a.m. - 11:45 a.m.</p> <p>Monthly Karma Meditation with Kimberly Mantas Monday - April 15th - 1:00 p.m. - 2:00 p.m.</p> <p>Family Yoga with Leyette Ross Monday - April 22nd - 2:30 p.m. - 3:30 p.m.</p> <p>Perfect your Posture with Carole Houde Tuesday - April 23rd - 10:45 a.m. - 11:45 a.m.</p> <p>Crystal Bowl and Guided Meditation with Kylie Delfino Wednesday - April 24th - 6:30 p.m. - 7:30 p.m.</p> <p>Hot Stone Restorative with Christina Gubbels Thursday - April 25th - 6:30 p.m. - 8:30 p.m.</p> <p>Exploring Mantra & Meditation with Kimberly Mantas Tuesday - April 30th - 7:30 p.m. - 8:30 p.m.</p> <p align="center">Your Time to Shine Retreat Sunday - May 5th - 9:30 a.m. - 2:00 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 Christina						
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 Somatic Movement Richard			7:15 - 8:30 Restorative Christina		7:15 - 8:30 Yin and Meditation Brian M.				
Registered Programs									
6:00 - 7:00 Prenatal * April 8th to May 13th	6:00 - 7:00 Tai Chi* April 30th to June 4th								
	7:30 - 8:30 Meditation * Coming in May								

*Registration and separate fee required. **BCA Breast Cancer Action is a private class. *** Special Monthly Class

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 www.beyondyogaottawa.com for Registered Programs & Workshops