

Class Schedule - Effective Monday, June 3rd, 2019

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
								9:00 - 10:00 Hatha Shelley	<i>New Time!</i> 9:00 - 10:00 Gentle Hips Dawn-Marie
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	<i>New Time!</i> 10:45 - 11:45 Power Sue M.
	11:30 - 12:30 BCA** May 3rd to August 27th						11:30-12:30 BCA** May 7th to August 30th		
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		
	4:30 - 5:30 Yoga Flow Elaine						<p align="center"><b>Special Classes at Beyond Yoga in June</b></p> <p>Candlelight Yin &amp; Meridians with Richard Hudspith Mondays - June 3rd, 10th, 17th &amp; 24th 6:00 p.m. - 7:00 p.m.</p> <p>Hot Stone Restorative with Christina Gubbels Thursday - July 11th and August 22nd 6:30 p.m. - 8:30 p.m.</p> <p>Be Kind to your Spine with Dr. Virinder Kasbia Tuesday - June 18th - 7:15 p.m. - 8:30 p.m.</p> <p>Crystal Bowl &amp; Guided Meditation with Kylie Delfino Wednesday - June 19th - 6:30 p.m. - 8:30 p.m.</p> <p>Summer Solstice Events Thursday, June 20th Mindful Eating and Healthy Snacking with Emily Fitzgerald 2:30 p.m. to 3:30 p.m.</p> <p>Radiance - Pre Summer Solstice and International Yoga Day Celebration with Sylvie Gouin &amp; Zofia Kumas-Tan 7:00 p.m. - 8:00 p.m.</p> <p align="right">Register at <a href="http://www.beyondyogaottawa.com">www.beyondyogaottawa.com</a></p> 		
5:30 - 6:30 Hatha Su			5:30 - 6:30 Yoga Flow Brian S.		5:30 - 6:30 Hatha Leyette				
	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.				
<b>Registered Programs</b>									
6:00 - 7:00 Prenatal * July 8th to July 29th									

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](http://www.beyondyogaottawa.com) for Registered Programs & Workshops