

Class Schedule - Effective Tuesday, September 3rd, 2019

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday			
								9:00 - 10:00 Hatha Shelley	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 Leyette	9:30 - 10:30 Hatha Diane	9:30 - 10:30 Pilates Cathy	9:30 - 10:45 Somatic Movement Richard	9:30 - 10:45 Hatha & Meditation Maddalena	9:30 - 10:30 Hatha Kimberly	9:30 - 10:30 <i>New!</i> Yogalates 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 Dawn-Marie	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 Shelley	10:45 - 11:45 Gentle Yoga Maddalena	10:45 - 11:45 <i>New!</i> Yoga Flow Sue M.			
	11:30 - 12:30 BCA** Sept. 3rd to Dec. 17						11:30 - 12:30 BCA** Sept. 6 to Dec. 20					
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 Sylvie						<div style="background-color: #e0f0ff; padding: 10px;"> <p align="center"><b>Special Classes at Beyond Yoga in September</b></p> <p>"Try-it" Tai Chi with Jürgen Portz Tuesday - Sept. 10th - 6:00 p.m. - 7:00 p.m.</p> <p>Hot Stone Restorative with Christina Gubbels Sunday - Sept. 15th - 1:00 p.m. - 3:00 p.m.</p> <p>YTT200 Information Session with Sylvie Gouin Wednesday - Sept. 18th - 6:30 p.m. - 7:30 p.m.</p> <p>Welcome Fall! Wine Tasting &amp; Social Thursday - Sept. 19th - 7:00 p.m. - 8:30 p.m.</p> <p>Shanti Aging Experience with Sylvie Gouin Magdalena Tomczak and Eileen Scully Saturday - Sept. 22nd - 12:30 p.m. - 6:00 p.m.</p> <p>Tea &amp; Learn with Richard Hudspith Tuesday - Sept. 24th - 2:30 p.m. - 3:30 p.m.</p> <p>Restorative Thai Yoga with Suzanne McCafferty Thursday - Sept. 26th - 6:30 p.m. - 8:30 p.m.</p> <p>Beyond Gentle &amp; Restorative with Dawn-Marie Bourgeois Friday - Sept. 27th - 1:00 p.m. - 2:15 p.m.</p> <p align="center"><b>Register at <a href="http://www.beyondyogaottawa.com">www.beyondyogaottawa.com</a></b></p> </div>					
5:30 - 6:30 Hatha Su			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 - 7:30 <i>New!</i> Yoga Nidra Kimberly		6:45 - 7:45 Gentle Yoga Alison							
7:15 - 8:30 Somatic Movement Richard	<i>New!</i> 7:15 - 8:30 Hatha & Meditation Glenda		7:15 - 8:30 Restorative Yoga Christina		7:15 - 8:30 Yin and Meditation Brian M.							
<b>Registered Programs</b>												
6:00 - 7:00 Prenatal Sept. 9th to Oct. 7th	6:00 - 7:00 Tai Chi Sept. 17th to Oct. 29th											
7:15 - 8:15 Pre/Post Natal Sept. 9th to Oct. 7th	7:30 - 8:30 Meditation Sept. 17th to Oct. 29th		7:15 - 8:15 Yoga 101 Sept 11th to Oct. 2nd									

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.

\*\*BCA Breast Cancer Action is a private class. Please contact [bcaott.ca](http://bcaott.ca) to register. \*\*\*Aromatherapy Oils first Friday of each month.

Check our website [www.beyondyogaottawa.com](http://www.beyondyogaottawa.com) for Registered Programs & Workshops