

Class Schedule - Effective Monday, January 6th, 2020

| Monday   | Tuesday   |                                  | Wednesday   |   | Thursday                                      |   | Friday  | Saturday                                  | Sunday   |  |  |  |
|--|---|----------------------------------|---|---|---|---|---|---|--|--|--|--|
|  |   |                                  |   |   |   |   |   | 9:00 - 10:00                              | 9:00 - 10:00   |  |  |  |
|  |   |                                  |   |   |   |   |   | Hatha 2<br>Shelley                        | Gentle Hips<br>Dawn-Marie  |  |  |  |
| 9:15 - 10:15<br>Gentle Yoga<br>Dawn-Marie                  | 9:15 - 10:15<br>Gentle Yoga<br>Elaine                       |                                  | 9:15 - 10:15<br>HW Gentle Yoga<br>Deborah                   |   | 9:15 - 10:15<br>Gentle Yoga<br>Kim            |   | 9:15 - 10:15<br>Hatha 2-3<br>Diane  | 9:30 - 10:30<br>Pilates<br>Anita          | 9:30 - 10:30<br>Hatha 2<br>Leyette                                     |  |  |  |
| 9:30 - 10:30<br>Yoga Flow 1-2<br>Leyette                   | 9:30 - 10:30<br>Hatha 2-3<br>Diane                          | 9:30 - 10:30<br>Pilates<br>Cathy | 9:30 - 10:30<br>Yoga Flow 1-2<br>Alison                     | 9:30 - 10:45<br>Hatha & Meditation 1-2<br>Maddalena | 9:30 - 10:30<br>Hatha 1-2<br>Kimberly         | 9:30 - 10:30<br>Yogalates<br>Suzanne      | 9:30 - 10:30<br>Yoga Flow 1<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>HW Forever Young<br>Dawn-Marie            | 10:45 - 12:00<br>HW 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>HW Gentle Yoga<br>Shelley  | 10:45 - 11:45<br>Gentle Yoga<br>Maddalena | 10:45 - 12:00<br>New! Yin and Meditation<br>Diane                      |  |  |  |
|  | 11:30 - 12:30<br>BCA**<br>Begins January 14th               |                                  |   |   |   |   | 11:30 - 12:30<br>BCA**<br>Begins January 17th   |   |  |  |  |  |
| 1:00 - 2:00<br>Gentle Pilates<br>Chantal                   | 1:00 - 2:00<br>Gentle Yoga<br>Tina                          |                                  | 1:00 - 2:00<br>Gentle Pilates<br>Deborah                    | 1:00 - 2:00<br>New! Balance For Life<br>Alison      | 1:00 - 2:00<br>Gentle Yoga<br>Suzanne         | 1:00 - 2:00<br>HW Forever Strong<br>Cathy | 1:00 - 2:15<br>Gentle & Restorative<br>Dawn-Marie   |   | 1:00 - 2:00<br>New! Community Class<br>By Cash Donation<br>Beyond Team |  |  |  |
|  | 4:30 - 5:30<br>Yoga Flow 2<br>Julia                         |                                  |   |   | 4:30 - 5:30<br>New! Iron Yoga 1-2<br>Cathy    |   | <h2 align="center">Special Classes at Beyond in March</h2> <p align="center">Tai Chi "Try It" Class with Jurgen Portz<br/>Tuesday, March 10th<br/>5:30 p.m. to 6:30 p.m.</p> <p align="center">Be Kind to Your Spine with Dr. Virinder Kasbia<br/>Thursday, March 12th<br/>7:00 to 8:15 p.m.</p> <p align="center">Family Yoga - Happy St. Patrick's Day! with Leyette Ross<br/>Sunday, March 15th<br/>1:15 p.m. to 2:00 p.m.</p> <p align="center">Yin &amp; Taoist Yoga- Finding Balance with Kim Bolton<br/>Fridays, March 20th to April 17th<br/>1:00 p.m. to 2:15 p.m.</p> <p align="center">Chair Yoga with Alison Tait<br/>Tuesdays, March 24th to April 14th<br/>1:30 p.m. to 2:30 p.m.</p> |   |  |  |  |  |
| 5:30 - 6:30<br>Hatha 2-3<br>Su                             | 6:00 - 7:00<br>New! Barrelates<br>Anita                     |                                  | 5:45 - 6:45<br>Yoga Flow 2-3<br>Brian S.                    |   | 5:30 - 6:30<br>Hatha 1-2<br>Sue M.            |   |   |   |  |  |  |  |
| 6:45 - 7:45<br>Gentle Yoga<br>Su                           | 6:45 - 7:30<br>New! Yoga Nidra<br>Kimberly                  |                                  | 6:00 - 7:00<br>Gentle Yoga<br>Christina                     |   |   |   |   |   |  |  |  |  |
|  | 6:45 - 7:45<br>Gentle Yoga<br>Melanie                       |                                  | 7:00 - 8:00<br>New! Hatha Hips 1-2<br>Julia                 |   | 6:45 - 8:00<br>Flow and Let Go 1-2<br>Meghan  |   |   |   |  |  |  |  |
| 7:15 - 8:15<br>New! Flow and Let Go 1-2<br>Melanie         | 7:15 - 8:15<br>New! Hatha 1-2<br>Sue M.                     |                                  | 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>March 2nd to April 6th<br>6 weeks | 5:30 - 6:30 Tai Chi*<br>March 24th to May 5th<br>7 weeks    |                                  | 6:00 - 7:00 Prenatal*<br>March 4th to April 15th<br>6 weeks |   |   |   |   |   |  |  |  |  |
|  | 7:45 - 8:45 Meditation*<br>March 3rd to April 7th - 6 weeks |                                  |   |   |   |   |   |   |  |  |  |  |

New to Yoga? Try our Intro offer \$45 for 30 days of unlimited yoga classes. \*Conditions Apply.  
HW Heart Wise Program Classes. \*\*BCA Breast Cancer Action is a private class. Contact bcaott.ca to register.  
Check our website www.beyondyogaottawa.com for Registered Programs & Workshops. Schedule Subject to Change.