

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 HW Gentle Yoga Dawn-Marie	9:00 - 10:00 HW Gentle Yoga Leyette	9:00 - 10:00 HW Gentle Yoga Deborah	9:00 - 10:00 Gentle Yoga Sylvie	9:00 - 10:00 HW Gentle Yoga Shelley	9:00 - 10:00 Hatha 1-2 Shelley	9:00 - 10:00 Gentle Hips Dawn-Marie
9:30 - 10:30 Virtual Gentle Yoga Cathy	9:30 - 10:30 Virtual Forever Strong Suzanne	9:30 - 10:30 Virtual Gentle Yoga Flow Sylvie	9:30 - 10:30 Virtual Hatha Yoga Kimberly	9:30 - 10:30 Virtual Gentle & Restorative Meghan	9:00 - 10:00 Virtual Gentle Pilates Carole	9:00 - 10:00 Virtual Core Yoga Leyette
9:30 - 10:30 Yoga Flow 1-2 Leyette	9:30 - 10:30 Pilates Cathy	9:30 - 10:30 Yoga Flow 1-2 Julia	9:30 - 10:30 Yogalates Cathy	9:30 - 10:30 Gentle Yoga Flow Kim	10:30 - 11:30 Pilates Anita	10:30 - 11:30 Yoga Flow 1-2 Leyette
	12:00 - 12:45 Hybrid* Virtual/Studio Lunchbreak Hatha Yoga Glenda		12:00 - 12:45 Virtual Lunchbreak Hatha Yoga Glenda	1:30 - 2:30 Hybrid* Virtual/Studio Yoga Flow New Time Leyette	10:30 - 11:30 Virtual Yin Yoga Diane	10:30 - 11:30 Virtual Gentle Yoga Flow Diane
1:00 - 2:00 Gentle Somatic Yoga Glenda	1:00 - 2:00 Gentle Yoga Tina	1:00 - 2:00 Gentle Pilates Deborah	1:00 - 2:00 HW Forever Strong Cathy	1:00 - 2:15 Gentle & Restorative Dawn-Marie		
7:30 - 8:30 Virtual Hatha Hips Julia	7:30 - 8:45 Virtual Yin & Meditation Brian M	7:30 - 8:30 Virtual Gentle & Restorative Kim	7:30 - 8:30 Virtual Gentle Yoga Su	<h2 style="text-align: center;">Special Offerings at Beyond in September</h2> <p>Virtual Certification Course: Breathe Easy with Sylvie Gouin Begins Tuesday, September 8th - 9:30 a.m. to 11:30 a.m.</p> <p>Virtual Meditation Series: Meditation for Beginners with Kimberly Mantas Begins Monday, September 14th - 7:15 p.m. to 8:15 p.m.</p> <p>In-studio: Crystal Bowl Relaxation with Glenda Rodriguez Wednesday, September 16th - 11:00 a.m. to 12:00 p.m.</p> <p>Virtual Meditation Series: Meditation & the Regulation of Emotions in Uncertain Times with Kimberly Mantas Begins Tuesday, September 22nd - 7:30 p.m. to 8:30 p.m.</p> <p>Virtual Beyond the Mat Speaker Series: Make the Most of Meal Planning with Leyette Ross Wednesday, September 23rd 2:00 p.m. to 2:30 p.m.</p>		

Capacity of classes currently limited to 12. Preregistration required – No walk-ins permitted.

Please arrive no earlier than 15 minutes before your class.

Please bring your own props as Beyond is not able to provide props at this time.

Virtual Classes are offered online via Zoom. Please register in advance to receive your confirmation and unique class meeting link.

*Hybrid classes are offered in studio and also simultaneously live-streamed for virtual attendees. To attend virtually and receive your Zoom meeting link be sure to register for the virtual class.

HW Program Heartwise Classes.

Check our website www.beyondyogaottawa.com for more Registered Programs & Workshops.

Schedule Subject to Change.