

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:15 Virtual Forever Young on the Ball Dawn-Marie	9:30 - 10:30 Virtual Forever Strong Suzanne	9:15 - 10:15 Virtual Hatha Yoga Leyette	9:30 - 10:30 Virtual Hatha Yoga Kimberly	9:30 - 10:30 Virtual Gentle & Restorative Meghan	9:00 - 10:00 Virtual Forever Strong Carole	9:00 - 10:00 Virtual Gentle Hips Dawn-Marie
9:30 - 10:30 Virtual Gentle Yoga Cathy	10:45 - 11:45 Virtual Pilates for All Cathy	9:30 - 10:30 Virtual Gentle Yoga Flow Sylvie	10:45 - 11:45 Virtual Yogalates Cathy		9:00 - 10:00 Virtual Gentle Yoga Shelley	9:00 - 10:00 Virtual Yin Yoga Diane
1:00 - 2:00 Virtual Gentle Somatic Yoga Glenda	12:00 - 12:45 Virtual Lunchbreak Hatha Yoga Glenda		12:00 - 12:45 Virtual Lunchbreak Hatha Yoga Glenda	1:30 - 2:30 Virtual Yoga Flow 1-2 Deborah	10:30 - 11:30 Virtual Pilates Anita	10:30 - 11:30 Virtual Yoga Flow 1-2 Diane
7:30 - 8:30 Virtual Gentle Flow & Let Go Su	7:30 - 8:45 Virtual Yin & Meditation Brian	7:30 - 8:30 Virtual Restorative Yoga Carole	7:30 - 8:30 Virtual Gentle Yoga with Nidra Julia	<h2 style="margin: 0;">Special Offerings* at Beyond</h2> <p style="margin: 0;">Virtual Series: A Life of Fulfillment with Kimberly Mantas Thursdays: January 14th to February 18th 7:30 p.m. to 8:30 p.m.</p> <p style="margin: 0;">Virtual Certification: Breathe Easy with Sylvie Gouin & Dr. Virinder Kasbia Sundays: January 17th to February 7th 1:30 to 3:30 p.m.</p> <p style="margin: 0;">Virtual Series: Somatic Yin with Brian Moore Fridays: February 5th to February 26th 11:00 a.m. to 12:00 p.m.</p>		

All virtual classes are offered online via the Zoom meeting platform.
Download the Zoom app or visit www.zoom.us to register for your free account.

Please register in advance for your classes to receive a class confirmation
and your unique Zoom class meeting link.

New to Yoga? Try our intro offer: \$45 for 30 days of unlimited yoga classes.
Conditions apply.

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

Schedule Subject to Change.

* Registration and separate fee required for specialty classes, workshops and teacher trainings.