

Class Schedule - Effective February 17th, 2021



3-66 Hearst Way, Kanata Ontario  
613-591-9642

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 In-Studio Yoga Flow 1-2 Leyette	9:00 - 10:00 In-Studio Gentle Yoga Elaine	9:00 - 10:00 In-Studio Gentle Yoga Julia	9:00 - 10:00 In-Studio Gentle Yoga Diane	9:00 - 10:00 In-Studio Hatha Yoga Shelley	9:00 - 10:00 Virtual/In-Studio Gentle Yoga Shelley	9:00 - 10:00 Virtual/In-Studio Gentle Hips Dawn-Marie
9:15 - 10:15 Virtual/In-studio Forever Young: Core & More Dawn-Marie	9:30 - 10:30 Virtual Forever Strong Suzanne	9:15 - 10:15 Virtual/In-studio Hatha Yoga Leyette	9:30 - 10:30 Virtual Hatha Yoga Kimberly	9:30 - 10:30 Virtual/In-Studio New! Gentle & Restorative Meghan	9:00 - 10:00 Virtual Forever Strong Carole	9:00 - 10:00 Virtual Yin Yoga Diane
9:30 - 10:30 Virtual Gentle Yoga Cathy	10:45 - 11:45 Virtual/In-studio Pilates for All Cathy	9:30 - 10:30 Virtual Gentle Yoga Flow Sylvie	10:45 - 11:45 Virtual/In-studio Yogalates Cathy		10:30 - 11:30 Virtual/In-studio Pilates Anita	10:30 - 11:30 Virtual/In-studio Yoga Flow 1-2 Diane
1:00 - 2:00 Virtual/In-Studio Gentle Somatic Yoga Glenda	12:00 - 12:45 Virtual Lunchbreak Hatha Yoga Glenda	1:00 - 2:00 In-Studio Gentle Yoga <b>New!</b> Tina	12:00 - 12:45 Virtual /In-studio Lunchbreak Hatha Yoga Glenda	1:30 - 2:30 Virtual/In-studio Yoga Flow 1-2 Alison		
6:00 - 7:00 Virtual Hatha Yoga <b>New!</b> Elaine		6:00 - 7:00 Virtual Yoga Flow 1-2 <b>New!</b> Elaine		<h2 style="text-align: center;">Special Offerings* at Beyond</h2> <p><b>Virtual Workshop Series: Yoga Nidra Foundations with Cathy Nolan</b> Fridays: March 12th to March 26th 10:30 a.m. to 11:30 a.m.</p> <p><b>Virtual Workshop Series: Fundamental Fitness with Shelley Murdock</b> Wednesdays: March 3rd to March 24th 12:00 p.m. to 1:00 p.m.</p> <p><b>Gentle Somatic Yoga: A Live Virtual Introduction Experience with James Knight, GSY Founder</b> Sunday, March 28th 12:00 p.m. to 4:30 p.m.</p>		
7:30 - 8:30 Virtual Gentle Flow & Let Go Su	7:30 - 8:45 Virtual Yin & Meditation Brian	7:30 - 8:45 Virtual Restorative Yoga <b>New!</b> Carole	7:30 - 8:30 Virtual Gentle Yoga with Nidra Julia			

All virtual classes are offered online via the Zoom meeting platform.  
Download the Zoom app or visit [www.zoom.us](http://www.zoom.us) to register for your free account.

Please register in advance for your classes to receive a class confirmation

Schedule Subject to Change.

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