

Class Schedule - Effective June 3rd, 2021

Outdoor Classes begin June 14th.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Outdoor* Gentle Yoga Flow Leyette		9:00 - 10:00 Outdoor* Gentle Yoga Julia		9:00 - 10:00 Outdoor* Hatha Yoga for All Shelley	9:00 - 10:00 Virtual Gentle Yoga Shelley	9:00 - 10:00 Virtual Gentle Hips Dawn-Marie
9:15 - 10:15 Virtual Forever Young: Core & More Dawn-Marie	9:30 - 10:30 Virtual Yin/Yang Suzanne	9:15 - 10:15 Virtual Hatha Yoga Leyette	9:30 - 10:30 Virtual Hatha Yoga Kimberly	9:30 - 10:30 Virtual Gentle & Restorative Glenda	9:00 - 10:00 Virtual Forever Strong Carole	
9:30 - 10:30 Virtual Gentle Yoga Cathy	10:45 - 11:45 Virtual Pilates Fusion Cathy	9:30 - 10:30 Virtual Gentle Yoga Flow Sylvie	10:45 - 11:45 Virtual Yogalates Cathy		9:30 to 10:30 Outdoor* Saturday Sampler Beyond Team	
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 Leyette	10:30 - 11:30 Virtual Pilates Anita	10:30 - 11:30 Virtual Yoga Flow 1-2 Diane
7:00 - 8:00 Virtual Gentle Flow & Let Go <i>new time!</i> Su	7:00 - 8:15 Virtual Yin & Meditation <i>new time!</i> Brian	7:30 - 8:45 Virtual Restorative Yoga Carole	7:00 - 8:00 Virtual Gentle Yoga & Nidra <i>new time!</i> Julia			

Special Offerings at Beyond this Summer**

Virtual Pop-Up Classes: Gentle Taiost Flow with Glenda Rodriguez
Mondays: June 14th to June 28th
10:45 a.m. to 11:45 a.m.

Yin Level II Teacher Training with Brian Moore
Two Weekends: Begins July 10th
11:00 a.m. to 7:00 p.m.

Outdoor: Gentle Yoga Flow with Marie-Lyne Desjardins
Saturday, June 19th
9:30 a.m. to 10:30 a.m.

All virtual classes are offered online via the Zoom meeting platform.
Please register in advance for your classes to receive a class confirmation.

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

*Outdoor classes begin June 14th and are weather-dependent. In the event of poor weather, participants will receive an email cancellation confirmation 1 hour prior to class start. Pre-registration only.
Registration window for outdoor classes opens 7 days prior to class date.

Schedule Subject to Change.