

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Outdoor* Gentle Yoga Flow Marie-Lyne		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 Gentle Yoga new! 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 Barrelates new! Anita	10:30 - 11:30 Virtual Yoga Flow 1-2 Diane
7:00 - 8:00 Virtual Gentle Flow & Let Go Su	7:00 - 8:15 Virtual Yin & Meditation Brian	7:30 - 8:45 Virtual Restorative Yoga Carole	7:00 - 8:00 Virtual Gentle Yoga & Nidra Julia			

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.**

Schedule Subject to Change.

Special Offerings at Beyond this Summer**

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 with Ivana Vlcek
Saturday, July 3rd
9:30 a.m. to 10:30 a.m.

Outdoor Series: Introduction to Qigong with Michael Fahey
Wednesdays, July 7th to July 28th
10:30 a.m. to 11:30 a.m.