

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 In-Studio Yoga Flow 1-2 Leyette	9:00 - 10:00 In-Studio Inspired Hatha Flow new! Sylvie	9:00 - 10:00 In-Studio Gentle Yoga (begins Aug 4th) 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 Gentle Yoga 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 Gentle & Restorative Glenda	9:00 - 10:00 Virtual Forever Strong Carole	
9:30 - 10:30 Virtual Gentle Yoga Cathy	10:45 - 11:45 Virtual/In-Studio Pilates Fusion Cathy	9:30 - 10:30 Virtual Gentle Yoga Flow Sylvie	10:45 - 11:45 Virtual/In-Studio Yogalates Cathy			
1:00 - 2:00 Virtual/In-Studio Gentle Somatic Yoga Glenda	12:00 - 12:45 Virtual Lunchbreak Hatha Yoga Glenda		12:00 - 12:45 Virtual /In-Studio Lunchbreak Hatha Yoga Glenda	1:30 - 2:30 Virtual/In-Studio Yoga Flow 1-2 Leyette	10:30 - 11:30 Virtual/In-Studio Barrelates Anita	10:30 - 11:30 Virtual/In-Studio Yoga Flow 1-2 Diane
5:30 - 6:30 In-Studio Hatha Yoga new! Su	5:30 - 6:30 In-Studio Gentle Yoga new! Melanie	5:30 - 6:30 In-Studio Yoga Flow 1-2 new! Ivana	5:30 - 6:30 In-Studio Hatha Hips new! Julia			
7:00 - 8:00 Virtual/In-Studio Gentle Flow & Let Go Su	7:00 - 8:15 Virtual/In-Studio Yin & Meditation Brian	7:30 - 8:45 Virtual Restorative Yoga Carole	7:00 - 8:00 Virtual/In-Studio Gentle Yoga with Nidra Julia			

Summer Offerings* at Beyond

Outdoor Gentle Yoga with Julia Rose
Wednesdays: July 21st & July 28th
9:00 a.m. to 10:00 a.m.

Virtual Mini-Session: I Hope You Dance with Diane Lanthier
Monday, July 26th
2:30 p.m. to 3:00 p.m.

Virtual Mini-Session: Summer Mobility with Shelley Murdock
Tuesday, August 10th
2:30 p.m. to 3:00 p.m.

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
Schedule Subject to Change.
* Registration and separate fee required for specialty classes, workshops and teacher trainings.