

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 In-Studio Yoga Flow 1-2 Julia		9:00 - 10:00 In-Studio Gentle Yoga Julia	9:00 - 10:00 In-Studio Gentle Yoga Diane	9:00 - 10:00 In-Studio Yoga & Mobility New! 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 Core & More Dawn-Marie	9:30 - 10:30 Virtual/In-Studio Gentle Yoga New! Dawn-Marie	9:15 - 10:15 Virtual/In-Studio Hatha Yoga Shelley	9:30 - 10:30 Virtual Hatha Yoga Kimberly	9:15 - 10:30 Virtual/In-Studio Gentle & Restore w/Sound Bath New! Glenda	9:00 - 10:00 Virtual Forever Strong Carole	
9:30 - 10:30 Virtual Gentle Yoga Cathy		9:30 - 10:30 Virtual Gentle Yoga Flow Sylvie		10:45 - 11:45 Virtual/In-Studio Yin Yoga New! Diane		
10:45 - 11:45 Virtual/In-Studio Somatic Fusion Glenda	10:45 - 11:45 Virtual/In-Studio Pilates Fusion Cathy	10:45 - 11:45 In-Studio Qigong New! Michael	10:45 - 11:45 Virtual/In-Studio Yogalates Cathy	1:30 - 2:30 Virtual/In-Studio Yoga Flow 1-2 Marie-Lyne	10:30 - 11:30 Virtual/In-Studio Barrelates Anita	10:30 - 11:30 Virtual/In-Studio Yoga Flow 1-2 Diane
1:00 - 2:00 Virtual/In-Studio Barre New! Marie-Lyne	12:00 - 12:45 Virtual Lunchbreak Hatha Yoga Glenda		12:00 - 12:45 Virtual /In-Studio Lunchbreak Hatha Yoga Glenda	<div style="background-color: #fff9c4; padding: 10px; border: 1px solid #ccc;"> <h2 style="margin: 0;">Fall Offerings* at Beyond</h2> <p style="margin: 5px 0;">Virtual Certification: Breathe Easy with Sylvie Gouin & Dr. Virinder Kasbia Tuesdays, November 9th to November 30th 9:30 a.m. to 11:30 a.m.</p> <p style="margin: 5px 0;">In-Studio Yin Yoga Tune Up: Yoga & Self-Massage with Suzanne McCafferty Thursdays, November 4th to November 25th 9:30 a.m. to 10:45 a.m.</p> <p style="margin: 5px 0;">In-Studio Tune Yin for the Holidays with Glenda Rodriguez & Brian Moore Sunday, December 5th 10:45 a.m. to 12:15 p.m.</p> </div>		
5:30 - 6:30 In-Studio Hatha Yoga Su	5:30 - 6:30 In-Studio Gentle Yoga Tina		5:30 - 6:30 In-Studio Hatha Hips Julia			
7:00 - 8:00 Virtual/In-Studio Gentle Flow & Let Go Su	7:00 - 8:15 Virtual/In-Studio Yin & Meditation Brian	7:00 - 8:00 Virtual/In-Studio Gentle & Restorative Yoga New! Melanie	7:00 - 8:00 Virtual/In-Studio Gentle Yoga with Nidra Julia			
<p>Schedule Subject to Change. * Registration & separate fee required for workshops & teacher trainings.</p>						