

Class Schedule - Effective November 6th

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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  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  Dawn-Marie	9:15 - 10:15 Virtual/In-Studio Hatha Yoga  Shelley	9:15 - 10:15 Virtual/In-Studio Gentle Somatic Yoga <b>New!</b>  Glenda	9:15 - 10:30 Virtual/In-Studio Gentle & Restore w/Sound Bath  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	9:30 - 10:30 Virtual Hatha Yoga  Kimberly	10:45 - 11:45 Virtual/In-Studio Yin Yoga  Diane	9:15 - 10:15 In-Studio Yoga Flow 2-3 <b>New!</b>  Marie-Lyne	
	10:45 - 11:45 Virtual/In-Studio Pilates Fusion  Cathy	10:45 - 11:45 Virtual/In-Studio Yoga on the Ball <b>New!</b>  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
	12:00 - 12:45 Virtual Lunchbreak Hatha Yoga  Glenda		12:00 - 12:45 Virtual /In-Studio Lunchbreak Hatha Yoga  Glenda	<h2 style="margin: 0;">Upcoming Workshops* at Beyond</h2> <p style="margin: 5px 0;"><b>In-Studio Restore &amp; Align with Michael Fahey</b> Sunday, November 21 11:00 a.m. to 12:30 p.m.</p> <p style="margin: 5px 0;"><b>In-Studio Tune Yin for the Holidays</b> with Glenda Rodriguez &amp; Brian Moore Sunday, December 5th 10:45 a.m. to 12:15 p.m.</p> <p style="margin: 5px 0;"><b>In-Studio Candlelight Yin &amp; Restorative</b> with Dawn-Marie Bourgeois Thursday, December 9th 7:00 p.m. to 8:30 p.m.</p>		
5:30 - 6:30 In-Studio Hatha Yoga  Su	5:30 - 6:30 In-Studio Hatha <b>New!</b>  Christina	5:30 - 6:30 In-Studio Pilates <b>New!</b>  Anita	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  Melanie	7:00 - 8:00 Virtual/In-Studio Gentle Yoga with Nidra  Julia			
<p>Schedule Subject to Change. * Registration &amp; separate fee required for workshops &amp; teacher trainings.</p>						