

Class Schedule - Effective January 5th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:00 - 10:00 Virtual Gentle Yoga Julia			9:00 - 10:00 Virtual Gentle Yoga Shelley	9:00 - 10:00 Virtual Gentle Hips Dawn-Marie
9:15 - 10:15 Virtual Core & More Dawn-Marie	9:15 - 10:15 Virtual Gentle Yoga New Time! Cathy	9:15 - 10:15 Virtual Hatha Yoga Shelley	9:15 - 10:15 Virtual Gentle Somatic Yoga Glenda	9:15 - 10:15 Virtual Gentle Yoga Flow New! Glenda		
			9:30 - 10:30 Virtual Hatha Yoga Kimberly		9:30 - 10:30 Virtual Forever Strong New Time! Carole	
10:45 - 11:45 Virtual Gentle Yoga New Time! Dawn-Marie	10:45 - 11:45 Virtual Pilates Fusion Cathy	10:45 - 11:45 Virtual Yoga on the Ball Michael	10:45 - 11:45 Virtual Yoga Tone New! Marie-Lyne	10:45 - 12:00 Virtual Yin Yoga Diane	10:30 - 11:30 Virtual Barrelates Anita	10:30 - 11:30 Virtual Yin Yoga New! Cindy
				<p>Upcoming Workshops* at Beyond</p> <p>Virtual Meditation Series (4 week series) with Kimberly Mantas Tuesdays: January 11 to February 1 7:30 p.m. to 8:30 p.m.</p> <p>Virtual Information Session: Beyond School of Yoga 200 Hour Yoga Teacher Training Program with Sylvie Guoin Saturday, January 22 10:00 a.m. to 10:30 a.m.</p>		
7:00 - 8:00 Virtual Gentle Flow & Let Go Su	7:00 - 8:15 Virtual Yin & Meditation Brian	7:00 - 8:00 Virtual Restorative Yoga New! Dawn-Marie	7:00 - 8:00 Virtual Gentle Yoga with Nidra Julia			
Schedule Subject to Change. * Registration & separate fee required for workshops & teacher trainings.						