

Class Schedule - Effective May 9th

www.beyondyogaottawa.com

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 Hatha Yoga new! Shelley	9:00 - 10:00 Virtual/In-Studio Gentle Yoga Shelley	9:00 - 10:00 Virtual/In-Studio Gentle Hips Dawn-Marie
9:30 - 10:30 Virtual/In-Studio Core & More Dawn-Marie	9:30 - 10:30 Virtual/In-Studio Gentle Yoga Cathy	9:30 - 10:30 Virtual/In-Studio Hatha Yoga 1-2 Shelley	9:30 - 10:30 Virtual/In-Studio Gentle Somatic Yoga Glenda	9:30 - 10:30 Virtual/In-Studio Gentle Yoga Flow Glenda	9:15 - 10:15 In-Studio Yoga Flow 2-3 Marie-Lyne	9:15 - 10:15 In-Studio Yoga Flow 1-2 new! Diane
10:45 - 11:45 Virtual/In-Studio Gentle Yoga Dawn-Marie	10:45 - 11:45 Virtual/In-Studio Pilates Fusion Cathy	10:45 - 11:45 Virtual/In-Studio Restore & Align Michael	10:45 - 11:45 Virtual/In-Studio Yoga Tone Marie-Lyne	10:45 - 12:00 Virtual/In-Studio Yin Yoga Diane	9:30 - 10:30 Virtual Forever Strong Carole	
1:00 - 2:00 Virtual/In-Studio Gentle with Yin Yoga new! Lisa	1:00 - 2:00 In-Studio Gentle Yoga new! Tina		1:00 - 2:00 Virtual/In-Studio Gentle Pilates new! Laura	1:00 - 2:00 Monthly Community Class May 27 with Cathy Nolan Team Beyond	10:30 - 11:30 Virtual/In-Studio Barrelates Anita	10:30 - 11:30 Virtual/In-Studio Yin Yoga Cindy
				<h2 style="margin: 0;">Upcoming Workshops* at Beyond</h2> <p style="margin: 0;">Yoga for Golfers with Diane Lanthier Wednesday Evenings May 11, 18, and 25 6:00 p.m. to 7:15 p.m.</p> <p style="margin: 0;">Gentle Somatic Yoga Community Class & Social with James Knight Friday, May 27 6:30 to 8:00 p.m.</p> <p style="margin: 0;">Gentle Somatic Yoga Introductory Workshop with James Knight Saturday, May 28 11:00 a.m. to 1:00 p.m.</p> <p style="margin: 0;">Gentle Somatic Yoga Deep Dive Intensive Workshop with James Knight Sunday, May 29 12:00 to 7:00 p.m.</p>		
Schedule Subject to Change. * Registration & separate fee required for workshops & teacher trainings.						