

Class Schedule - Effective June 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 Flow New! Sylvie	9:00 - 10:00 In-Studio Gentle Yoga Julia	9:00 - 10:00 In-Studio Gentle Yoga Diane	9:00 - 10:00 In-Studio Stretch and Roll 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 Diane
10:45 - 11:45 Virtual/In-Studio Gentle Yoga Dawn-Marie	10:45 - 11:45 Virtual/In-Studio Pilates Fusion Cathy	10:45 - 12:00 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	10:30 - 11:30 Virtual/In-Studio Barrelates Anita	10:30 - 11:30 Virtual/In-Studio Yin Yoga Cindy
			1:00 - 2:00 Virtual/In-Studio Gentle Pilates Laura	12:00 - 12:45 In-Studio Zumba New! Christine		
				1:00 - 2:00 Monthly Karma Class June 24 with Diane		
5:30 - 6:30 Virtual/In-Studio Hatha Yoga Su	5:30 - 6:15 In-Studio Zumba Christine	5:30 - 6:30 Virtual/In-Studio Pilates Anita	5:30 - 6:30 Virtual/In-Studio Hatha Hips Julia	<h2 style="margin: 0;">Upcoming Workshops* at Beyond</h2> <p style="margin: 0;">Summer Solstice Celebration with Sylvie Guoin Saturday, June 18 1:00 p.m. to 3:30 p.m.</p> <p style="margin: 0;">Restore & Align Workshop with Michael Fahey Sunday, June 26 12:00 p.m. to 2:00 p.m.</p> <p style="margin: 0;">Prenatal 4 week Series with Melanie Brown July 4 to July 25 Mondays: 6:00 to 7:00 p.m.</p>		
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 Restorative Yoga Christina	7:00 - 8:00 Virtual/In-Studio Gentle Yoga with Nidra Julia			
Schedule Subject to Change. * Registration & separate fee required for workshops & teacher trainings.						