

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 <b>New!</b> Sylvie	9:00 - 10:00 In-Studio Gentle Yoga Julia	9:00 - 10:00 In-Studio Gentle Yoga Diane		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
				12:00 - 12:45 In-Studio Zumba <b>New!</b> Christine		
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	<p><b>Upcoming Workshops* at Beyond</b></p> <p><b>Virtual &amp; In-Studio Tone, Balance &amp; Stretch with Laura Laight</b> Tuesdays, August 2 to August 23 6:30 p.m. to 7:30 p.m.</p> <p><b>In-Studio Hot Stone Restorative with Christina Gubbels</b> Thursday, August 11, 6:30 p.m. to 8:30 p.m.</p> <p><b>In-Studio Yoga For Your Face with Sylvie Guoin</b> Tuesday, August 23 10:30 to 11:30 a.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.						