

Class Schedule - Effective September 12th

www.beyondyogaottawa.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 In-Studio Gentle Yoga Flow <b>New!</b> Julia	9:00 - 10:00 In-Studio Gentle Yoga Flow 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 Gentle Yoga <b>New!</b> Alison	9:00 - 10:00 Virtual/In-Studio Gentle Yoga Cindy	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 Joseph	9:30 - 10:30 Virtual/In-Studio Hatha Yoga 1-2 <b>New!</b> Kimberly	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 & Restorative <b>New!</b> 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 - 11:45 Virtual/ In-Studio Pilates <b>New!</b> Laura	10:30 - 11:30 Virtual/In-Studio Barrelates Anita	10:30 - 11:30 Virtual/In-Studio Yin Yoga Diane
12:00 - 1:00 Virtual/In-Studio Chair Yoga <b>New!</b> Lisa	12:00 - 12:30 Virtual/In-Studio Guided Meditation <b>New!</b> Glenda	12:00 - 1:00 In-Studio Nia <b>New!</b> Ann		12:00 - 12:45 In-Studio Zumba Christine		
	1:00 - 2:00 In-Studio Gentle Yoga Flow <b>New!</b> Tina		1:00 - 2:15 Virtual/ In-Studio Gentle Somatic Yoga <b>New time!</b> Glenda	<div style="text-align: center;"> <h2>Upcoming Workshops this Fall</h2> <p><b>Songs &amp; Sacred Chants with Michael Fahey</b> Sunday, October 16 12:00 p.m. to 2:00 p.m.</p> <p><b>The Roots of Yin with Diane Lanthier</b> October 19 to November 9 (4 weeks) 6:30 p.m. to 7:45 p.m.</p> <p><b>Triple Bliss: Sound Bath Yin Yoga Nidra with Cindy Garcia</b> Thursday October 27 6:00 p.m. to 7:15 p.m.</p> </div>		
5:30 - 6:30 Virtual/In-Studio Hatha Yoga 1-2 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 Yoga Fusion <b>New!</b> Ivana			
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 and separate fee may be required.						