

Class Schedule - Effective November 16th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 In-Studio Gentle Yoga Flow Alison	9:00 - 10:00 In-Studio Nia New! Ann	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 Alison	9:00 - 10:00 Virtual/In-Studio Gentle Yoga Julia	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 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 Dawn-Marie	10:45 - 11:45 Virtual/In-Studio Pilates Fusion Cathy	10:45 - 12:00 In-Studio Restore & Align Michael	10:45 - 11:45 Virtual/In-Studio Yoga Tone Marie-Lyne	10:45 - 11:45 Virtual/ In-Studio Pilates 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 Lisa	12:00 - 12:30 Virtual/In-Studio Guided Meditation Glenda	12:00 - 1:00 In-Studio Nia Ann		12:00 - 12:45 In-Studio Zumba Christine		
	1:00 - 2:00 In-Studio Gentle Yoga Flow Tina		1:00 - 2:15 Virtual/ In-Studio Gentle Somatic Yoga Glenda	 <p>Upcoming Workshops at Beyond</p> <p>Tai Chi 4 week series with Jurgen Portz Wednesdays, November 24 to December 14 6:30 p.m. to 7:30 p.m.</p> <p>Tune Yin with Brian Moore & Glenda Rodriguez Sunday, December 4 12:30 p.m. to 2:00 p.m.</p> <p>Gong Sound Bath with Jennifer Bell Monday, December 19 7:00 p.m. to 8:00 p.m.</p>		
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 Yogalates Anita	5:30 - 6:30 Virtual/In-Studio Yoga Fusion 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.						