BEYOND
YOGA STUDIO & WELLNESS CENTRE
www.beyondyogaottawa.com

3-66 Hearst Way, Kanata Ontario
613-591-9642

Fall Schedule - Effective September 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00
Gentle Yoga Flow Julie	Nia Dance Fitness New! Natasha	Gentle Yoga Shelley	Gentle Yoga Diane	Gentle Yoga Darlene	Gentle Yoga Brian	Happy Hips Fitness Dawn-Marie
9:30 - 10:30	9:30 - 10:30	10:30 - 11:30	9:30 - 10:30	9:30 - 10:30	9:15 - 10:15	9:15 - 10:15
Core & More Fit Dawn-Marie	Gentle Yoga Cathy	Fitness Fusion Shelley	Cardio & Core New! Dawn-Marie	Pilates Fusion Shelley	Yoga Flow 1-2 Julia L.	Yoga Flow 1-2 Ksenia
10:45 - 11:45	10:15 - 11:15	10:45 - 12:00	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30
Restorative Yoga Dawn-Marie	Qigong Glenda	Restore & Align Yoga Michael	Yin Yoga Diane	Balance, Strength & Stretch Yoga Level 2 Alison	Barrelates Mix Anita	Gentle Yoga Ksenia
12:00 - 1:00	10:45 - 11:45	12:00 - 1:00		12:00 - 12:45	10:30 - 11:30	10:30 - 11:30
Chair Yoga Darlene	Pilates Fusion Cathy	Hatha Yoga 1-2 Franchesca		Zumba Gold Christine	Gentle & Restorative Christina	Yin Yoga Diane
	12:00 - 1:00	1:00 - 2:00	1:00 - 2:15	1:00 - 2:00	12:00 - 1:00	
	Gentle Yoga Flow Diane	Balance, Strength & Stretch Yoga (all levels) Darlene	Gentle Somatic Yoga Glenda	Yin Yoga Franchesca	Yoga Strength & Stretch New! Jemma	
5:45 - 6:45	6:00 - 6:45			1:15 - 2:15		
Yoga for Mobility New! Su	Foam Roller Relief & Stretch Shelley			Qigong New! Glenda		
6:00 - 7:00	7:00 - 8:15	6:00 - 7:00	6:00 -7:00			
Fitness Fusion Ivana	Yin & Meditation Brian	Yoga Flow 1-2 Julia L.	Gentle Flow & Yin Julia			
7:00 - 8:00	7:15 - 8:15	7:15 - 8:15	7:15 - 8:30			
Gentle Flow & Let Go Su	Yoga Flow 1-2 Ksenia	Gentle Yoga Julia L.	Gentle Yoga & Yoga Nidra Julia			

Schedule Subject to Change. *Registration and separate fee may be required.
Class descriptions available on website.

Upcoming Workshops & Events*

Morning Classical Yoga Nidra with Julia L
Wednesday, November 18
9:15 a.m. - 10:15 a.m.

Monthly Meditation Circle with Randy
Wednesday, December 2
7:15 p.m. - 8:15 p.m.

Rest, Receive & Restore with Franchesca & Julie
Thursday, December 3
6:00 p.m. - 8:00 p.m.