



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

**Holiday Schedule 2015**  
**From Dec 14 to Jan 3, 2016**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15 Gentle Yoga Glenda	9:15-10:15 Yoga Tune Up® Todd	9:15-10:15 Gentle Yoga Glenda	9:15-10:30 No class Dec 24 Yin Yoga Diane L.	9:15-10:15 No class Dec 25, Jan 1 Hatha Diane L.	9:00-10:00 No class Dec 26 Hatha Diane L.	9:00-10:00 Hatha Roberta
9:30-10:30 Yoga Flow Su	9:30-10:30 Hatha Diane L.	9:30-10:30 Power Yoga Su	9:30-10:30 No class Dec 24, Gentle Yoga Diane M.		10:00 - 11:00 No class Dec 26 Gentle Yoga Terri	9:30-10:45 Special Karma Yuletide Yin Dec 20, 27, Jan 3
	12:30 -1:30 BCA** Sept 15 -Dec 15		10:00 - 11:00 Specialty Classes Holiday Karma Dec 24 Family Yoga Dec 31	10:30-11:30 No class Dec 25, Jan 1 Gentle Yoga Roberta	10:30-11:30 No class Dec 26 Yoga Fusion Anita	10:15 - 11:15 Gentle Roberta
	1:00-2:00 Gentle Yoga Diane M./ Dawn-Marie			11:30 - 12:30 BCA** Sept 18 - Dec 18		
5:00-6:00 Hatha Carole H.			5:00-6:15 No class Dec 24, 31 Yoga Tune Up® Todd			
6:00 - 7:00 Yin Richard		5:30 -6:30 Yoga Flow Stephanie				
6:15-7:15 Specialty Karma Prenatal Yoga/Cara-Lynne 14-Dec	6:30-7:30 Yoga Fusion Carol Y.	6:00-7:30 Specialty Class/Christiane Gentle and Restorative Dec 16, 23, 30	6:30 -7:30 No class Dec 24, 31 Hatha Todd			
6:30-7:30 Yoga For Full Figures* Nov 2 to Dec 21	7:00-8:00 Free Demo Class Bedtime Yoga/Glenda 22-Dec	6:30-7:30 Yoga For Full Figures* Nov 4 to Dec 16				
7:15 - 8:30 Stress Redux Richard	7:30-8:30 Hatha Tara		7:30-8:45 No class Dec 24, 31 Yin and Meditation Brian			
8:00-9:00 Power Yoga Roberta	7:45 -8:45 Meditation Series* Nov 10 to Dec 15	8:00-9:00 Hatha Roberta				

Check our website for Workshops and Special Offers. Schedule Subject to Change

\*Registration and separate fee required. Go to [www.beyondyogaottawa.com](http://www.beyondyogaottawa.com)

\*\*BCA Breast Cancer Action is a private class. Please register at [www.bcaction.org](http://www.bcaction.org)