

Effective June 22, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15 Gentle Kim Hanna	9:15 -10:30 Hatha Diane	9:15 - 10:15 Gentle Glenda	9:15 -10:30 Gentle Diane	9:15-10:15 Hatha Diane	8:30 - 9:30 Vinyasa Flow Kim Hanna	9:00-10:00 Hatha All Levels Roberta
9:30 -10:30 Vinyasa Flow Su Ng		9:30 -10:30 Power Yoga Su Ng	9:30-10:30 Pilates Diane Mayer		9:00 - 10:00 Yoga Basics Elizabeth	10:15 - 11:15 Gentle Yoga Roberta
10:30-11:30 Yin Yoga Kim Hanna				10:30-11:30 Gentle Yoga Roberta	10:00-11:15 Hatha Renewal Terri	
	12:05 -12:50 Hatha Roberta			12:00-1:00 Karma Class** See on line schedule		
	1:00-2:00 Gentle Yoga Suzanne					
5:30 -6:30 Vinyasa Flow Stephanie		5:30-6:30 Hatha Flow Stephanie				
6:00 -7:00 Sky Yin Yoga Richard	6:00 - 7:00 Ball Bliss Erin		6:00-7:00 Hatha Jessica			
6:30 -7:30 YFF* Registered Program		6:30 -7:30 YFF* Registered Program				
6:45-7:45 Prenatal* Registered Program	7:30 -8:30 Intro to Pilates* Registered Program					
7:15-8:30 Stress Redux Richard	7:15 -8:30 Yoga Tone Carol	7:15 -8:15 Special Classes See on line schedule	7:15 -8:15 Vinyasa Flow Diane			
	7:30 -8:45 Sky Hatha Elizabeth	8:00 -9:00 Yin Yoga Roberta	7:30 -8:45 Yin and Meditation Brian			

**Summer Solstice Special June 22 to Sept 6th, 2015 Only \$129 Unlimited Yoga**

**\*Registration and separate fee required. For details and to register, please visit our website.**

Sign up for classes on line at [www.beyondyogaottawa.com](http://www.beyondyogaottawa.com). Schedule subject to change

\*\* Karma Class once per month. See on line schedule for dates. Minimum donation \$8.00