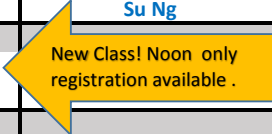


Effective April 29, 2015

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| | | | | | Extended time! 8:30-9:45 Vinyasa Flow Laura | |
| 9:15-10:15 Gentle Yoga Sharon | 9:15-10:15 Hatha All Levels Diane Lanthier | 9:30 -10:30 Gentle Yoga Glenda | 9:15-10:15 Gentle Yoga Diane Lanthier | 9:15-10:15 Hatha All Levels Sharon | 9:00-10:00 Yoga Basics Elizabeth | 9:00-10:00 Hatha All Levels Roberta |
| 10:30-11:45 Yin and Meditation Kim Hanna | | 10:30 - 11:30 Power Yoga Basics Su Ng | 9:30 -10:30 Pilates Diane Mayer | | 10:00-11:00 Hatha Renewal Terri | |
| | 12:05 - 12:50 Lunch Time Hatha Starts May 12 |  New Class! Noon only registration available . | | 10:30-11:30 Gentle Yoga Roberta | New Class! 10:30-11:30 Hatha Flow Erin | 10:15 - 11:15 Gentle Yoga Roberta |
| | 12:30 - 1:30 BCA Level 1* April 7-June 23 | | | | | |
| | 1:00-2:00 Gentle Yoga Suzanne | 1:00-2:00 BCA Level 2* April 8-June 24 | 1:00-2:00 Hatha All Levels Suzanne | 11:30 - 12:30 BCA level 2* April 10-June 19 | | |
| New Time 5:30 - 6:30 Vinyasa Flow Sharon | New Class! 5:30 -6:30 Hatha Hips Carol | New Time 5:30-6:30 Hatha Flow Sharon | 6:00-7:00 Intro to Kundalini Anadhdeep | 12:00 - 1:00 Karma Class** 22-May | | |
| New Class! 6:00 -7:00 Yin Yoga Richard | | New Time 6:30-7:30 Nia Barbara | 6:30 -7:30 Yoga Basics Jessica | | | |
| 6:30 -7:30 Yoga for Full Figures* March 23-May 25 | New Time 6:45 - 7:45 Yoga Tone Carol | 6:30-7:30 Yoga for Full Figures* March 25-May 27 | | | | |
| 6:45 - 7:45 Prenatal Yoga* April 13- June 22 | 7:30 -8:45 Yoga Basics Elizabeth | 6:45 - 7:45 Gentle Yoga Sharon | 7:30 -8:45 Yin and Meditation Brian | | | |
| 7:15-8:30 Stress Redux Richard | 8:00 - 9:00 Meditation Series* May 5 - June 9 | New Class! 8:00 - 9:00 Yin Yoga Roberta | New Class! 7:45 - 8:45 Hatha All Levels Jessica | | | |

Check our website for Workshops and Special Offers. Go to www.beyondyogaottawa.com

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

** Our Karma Class is once per month. Check our schedule for exact dates, class style and teacher. Minimum donation \$8.00