



Effective September 8th, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:30 Core Movement Todd Lavictoire				8:30-9:30 Yoga Flow Kim	
9:15-10:15 Gentle Yoga Kim	9:15-10:15 Yoga Tune Up Todd Lavictoire	9:15-10:15 Gentle Yoga Glenda	9:15-10:15 Yoga Flow Diane L.	9:15-10:15 Hatha Diane L.	9:00-10:00 Hatha Elizabeth	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 Pilates Diane M.	9:30-10:30 Yoga Fusion Carol Y.	10:00-11:00 Yoga Fusion Anita	9:30-10:30 Yin Yoga Melanie
	10:30-11:30 Restorative Dawn	9:45-10:45 Baby and Me* Starts Sept 30	10:30-11:30 Therapeutic Yoga* Starts Soon	10:30-11:30 Gentle Yoga Roberta	10:30-11:45 Hatha Renewal Terri Morgan	10:15 - 11:15 Gentle Roberta
	12:05 -12:50 Hatha Suzanne					
	1:00-2:00 Gentle Yoga Diane M.					
5:00-6:00 Hatha Stephanie	4:30-5:30 Teen Yoga* Starts Sept 15	5:30 -6:30 Yoga Flow Stephanie				
6:00-7:00 Yin Yoga Richard	6:00-7:00 Ball Bliss Erin	6:00-7:00 Gentle Yoga Carole H.	6:00-7:00 Hatha Jessica			
6:30-7:30 Yoga For Full Figures* Starts Sept 14	6:30-7:30 Intro to Yoga* Starts Sept 15	6:30-7:30 Yoga For Full Figures* Starts Sept 9				
6:15-7:15 Prenatal Yoga* Starts Sept 14						
7:15 -8:30 Stress Redux Richard	7:15-8:15 Yoga Fusion Carol Y.	7:15-8:15 Restorative Carole H.	7:15-8:15 Yoga Flow Hyunjo			
7:30-9:30 Louise Cameron Special Event* Sept 28th	7:30-8:30 Hatha Elizabeth	7:30-8:30 Pilates Anita	7:30-8:45 Yin and Meditation Brian			
8:00-9:00 Power Yoga Roberta	7:45-8:45 Meditation Series* Starts Sept 15	8:00-9:00 Hatha Roberta				

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

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

New to Yoga? Try our Intro offer \$35 for 30 days Unlimited Yoga at www.beyondyogaottawa.com