

Effective March 30, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-9:00 Yoga Flow Kim Hanna				Extended time! 8:30-9:45 Vinyasa Flow Laura	
9:15-10:15 Gentle Yoga Sharon	9:15-10:15 Hatha All Levels Diane	9:30 -10:30 Gentle Yoga Glenda	9:15-10:15 Gentle Yoga Kimberly	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	9:30-10:30 Yoga Tone Carol	10:00-11:00 Hatha Renewal Terri	
	12:30 - 1:30 BCA Level 1* April 7-June 23		10:30 - 11: 30 Hips and Shoulders* April 2 -May 14	10:30-11:30 Gentle Yoga Roberta	New Class! 10:30-11:30 Hatha Flow Erin	10:15 - 11:15 Gentle Yoga Roberta
	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** Apr-17		
New Class! 6:00 -7:00 Yin Yoga Richard	New Time 6:45 - 7:45 Yoga Tone Carol	New Time 6:30-7:30 Nia Barbara	6:30 -7:30 Yoga Basics Diane			
6:30 -7:30 Yoga for Full Figures* March 23-May 25		6:30-7:30 Yoga for Full Figures* March 25-May 27				
6:45 - 7:45 Prenatal Yoga* April 13- June 22	7:00 - 8:30 Yoga for Golf* April 28-May 19	6:45 - 7:45 Gentle Yoga Sharon	7:30 -8:45 Yin and Meditation Brian			
7:15-8:30 Stress Redux Richard	7:30 -8:30 Yoga Basics Elizabeth	New Class! 8:00 - 9:00 Yin Yoga Roberta	New Class! 7:45 - 8:45 Hatha All Levels Diane			
New Class! 8:00 - 9:00 Gentle Yoga Cara-Lynne						

Check our website for Workshops and Special Offers. Go to [www.beyondyogaottawa.com](http://www.beyondyogaottawa.com)

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

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