

May BEYOND FITNESS / FIT ONE YOGA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am		Sunrise Yoga Bill		Sunrise Yoga Bill			
8:00am	Mixed Yoga 8:00-9:30 Debbe	Mixed Yoga 8:00-9:30 Jon	Mixed Yoga 8:00-9:30 Paula	Mixed Yoga 8:00-9:30 Jon	Mixed Yoga (5/4, 5/18, & 6/1) "Vinyasa Flow" (5/11 & 5/25) 8:00-9:30 Debbe	Yoga Blend 8:30-10:00am Staff: 5/5 Debbe 5/12 Bill 5/19 Jewls 5/26 Maureen	
9:00am		Gentle Yoga 9:45-11:00 Julie		Gentle Yoga 9:45-11:00 Julie			Soham Satsang (5/6 & 5/20) 10:00am – 11:30am Scott Wyman
10:15am	Gentle Yoga Debbe		Gentle Yoga Debbe		Gentle Yoga Debbe		
1:00pm				Yocas (For Cancer survivors, patients, and caregivers) Debbe			Yoga Long Practice with Jon Lee May 20 th 10:00am-1:00pm Fee Based Sign up at the front desk
4:30pm	Mixed Yoga 4:30-6:00 Tom		Mixed Yoga 4:30-6:00 Tom				
5:15pm		Mixed Yoga 5:15-6:30 Debbe		Mixed Yoga 5:15-6:30 Debbe			
5:30pm					Restorative Yoga 5:30-7:00 Jon		
6:00pm	Beginning Yoga 6:00-7:30 Tom		Restorative Yoga 6:00-7:00 Maureen				
6:30pm		Tai Qi & Chi Gong John					

****All classes held at Beyond Fitness location** Subject to change. All classes are an 1 hour long unless otherwise specified** Schedule valid from May 7th thru June 3rd**

7224 Skyway, Paradise (530) 877-7500 Club Hours: M – F 4:30am – 10pm Sat/Sun 7am – 7pm

6854 Pentz Rd, Paradise (530) 872-2232 Club Hours: M- F 4:30am – 10pm Sat 7am -8pm Sun Closed