

Glenmore Yoga In Studio & Online August 14 - 31, 2022

Sun, Aug 14	Mon, Aug 15	Tue, Aug 16	Wed, Aug 17	Thurs, Aug 18	Fri, Aug 19	Sat, Aug 20
	9:00 – 10:15 am – In Person & Online Level 2 – Kerry Shultz	9:00 – 10:15 am – In Person & Online Level 1 – Debbie Stewart	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss	9:00 – 10:15 am – In Person & Online Level 3 Yoga Randi Weiss	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga Mary Leffler	10:45 – 12:00 – In Person Ageless Lev 1 - Mary Lou Bean	10:30 – 11:40 am – Online Ageless Level 1 Pre-recording with Mary available upon request	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	11:00 – 12:15 – In Person Ageless Gentle- Christina Evans Online recording available	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Mary Leffler	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sun, Aug 21	Mon, Aug 22	Tues, Aug 23	Wed, Aug 24	Thurs, Aug 25	Fri, Aug 26	Sat, Aug 27
	9:00 – 10:15 am – In Person & Online Level 2 – Randi Weiss	9:00 – 10:15 am – In Person & Online Level 1 – Debbie Stewart	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss	9:00 – 10:15 am – In Person & Online Level 3 Yoga Randi Weiss	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga Mary Leffler	10:45 – 12:00 – In Person Ageless Lev 1 - Mary Lou Bean	10:30 – 11:40 am – Online Ageless Level 1 Pre-recording with Mary available upon request	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	11:00 – 12:15 – In Person Ageless Gentle- Christina Evans Online recording available	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Carolyn Hazel	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga Pre-recording with Sandy available upon request	
Sun, Aug 28	Mon, Aug 29	Tue, Aug 30	Wed, Aug 31	Thurs	Fri	Sat
	9:00 – 10:15 am – In Person & Online Level 2 – Kerry Shultz	9:00 – 10:15 am – In Person & Online Level 1 – Debbie Stewart	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth			
	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – Mary Leffler	10:45 – 12:00 – In Person Ageless Lev 1 - Carolyn Hazel			
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	11:00 – 12:15 – In Person Ageless Gentle- Christina Evans Online recording available			
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz			

Preregister is required for Both In Studio and Online Classes through MindBody
or at info@glenmoreyoga.com * GlenmoreYoga.com * 804.741.5267