

Glenmore Yoga Online & In Person

July 18 - 31, 2021

Sun, July 18	Mon, July 19	Tue, July 20	Wed, July 21	Thurs, July 22	Fri, July 23	Sat, July 24
	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 Restorative Yoga – Randi Weiss	10:45 – 12:00 – In Person & Online Ageless Lev 1 – Mary Lou Bean	10:30 – 11:45 am – Online Ageless Level 1 – Mary Leffler	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
	12:00 – 12:30 pm Online Karma Meditation – Randi Weiss	5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	11:00 – 12:15 – In Person & Online Ageless Gentle - Carolyn Hazel	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	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, July 25	Mon, July 26	Tues, July 27	Wed, July 28	Thurs, July 29	Fri, July 30	Sat, July 31
	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	8:30 am – In Person & Online Karma Meditation – 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 Randi Weiss
	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean	10:45 – 12:00 – In Person & Online Restorative Yoga – Mary Lou Bean	10:45 – 12:00 – In Person & Online Ageless Lev 1 Christina Evans	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
	2:00 – 3:15 pm – “Pop up” Online Yoga on Your Ball – Sandy Axelson	5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	11:00 – 12:15 – In Person & Online Ageless Gentle - Carolyn Hazel	10:30 – 11:45 am – Online Ageless Level 1 – Mary Leffler	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Rodney Bradley	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
				6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz		

New in person Ageless Gentle Yoga class option available now Wednesdays at 11 am

GlenmoreYoga.com * 804.741.5267 * info@glenmoreyoga.com