

Glenmore Yoga In Person & Online

Nov 1 - 13, 2021

Sun	Mon, Nov 1	Tue, Nov 2	Wed, Nov 3	Thurs, Nov 4	Fri, Nov 5	Sat, Nov 6
	9:00 – 10:15 am – In Person & Online Level 2- Kerry Shultz	9:00 – 10:15 am – 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 – Mary Leffler	10:45 – 12:00 – In Person 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 – 1:00 pm – Online Meditation & Book Study Series – 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, Nov 7	Mon, Nov 8	Tues, Nov 9	Wed, Nov 10	Thurs, Nov 11	Fri, Nov 12	Sat, Nov 13
	9:00 – 10:15 am – In Person & Online Level 2 – Randi Weiss	9:00 – 10:15 am – 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 – Mary Leffler	10:45 – 12:00 – In Person 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 – 1:00 pm – Online Meditation & Book Study Series – 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 cancelled but will resume Nov 19	
			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	

Please Preregister for Both In Person and Online Classes through MindBody or at info@glenmoreyoga.com
GlenmoreYoga.com * 804.741.5267