


Glenmore Yoga In Person & Online

Oct 17 - 31, 2021

Sun, Oct 17	Mon, Oct 18	Tue, Oct 19	Wed, Oct 20	Thurs, Oct 21	Fri, Oct 22	Sat, Oct 23
	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– Louise Mason	9:00 – 10:15 am – In Person & Online Level 3 Yoga Kerry Shultz	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	
	2:00 – 3:15 pm – In Person & Online Pop up Mixed Level Yoga on Your Ball – Carolyn Hazel		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, Oct 24	Mon, Oct 25	Tues, Oct 26	Wed, Oct 27	Thurs, Oct 28	Fri, Oct 29	Sat, Oct 30
	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
9:30 – 11:30 am – In Person & Online Breath Workshop- Mary Lou Bean	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, Oct 31						
						

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

GlenmoreYoga.com * 804.741.5267