

Glenmore Yoga In Person & Online

Jan 1 - 15, 2022

Sun	Mon	Tue	Wed	Thurs	Fri	Sat, Jan 1
						Happy New Year!
						10:30 – 11:45 am – In Person & Online Mixed Level New Year’s Day Class – Kerry Shultz
Sun, Jan 2	Mon, Jan 3	Tues, Jan 4	Wed, Jan 5	Thurs, Jan 6	Fri, Jan 7	Sat, Jan 8
	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 Cancelled & Online Lev 2 & 3 Recording available	9:00 – 10:15 am – In Person & Online Level 2 & 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	
		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 Reily	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sat, Jan 9	Mon, Jan 10	Tue, Jan 11	Wed, Jan 12	Thurs, Jan 13	Fri, Jan 14	Sat, Jan 15
	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- 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 Leffler	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Ageless Level 1 – Carolyn Hazel	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
		2:00 – 3:15 pm – Online Pelvic Floor Series – Sandy Axelson	11:00 – 12:15 – In Person & Online Ageless Gentle - Carolyn Hazel	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Mary Leffler	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Mary Lou Bean	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	

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

*GlenmoreYoga.com * 804.741.5267