

Glenmore Yoga In Studio & Online June 1 - 18, 2022

Sun	Mon	Tue	Wed, June 1	Thurs, June 2	Fri, June 3	Sat, June 4
			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 Rodney Bradley	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
			10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:40 am – Online Ageless Level 1 – Mary Leffler	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
			11:00 – 12:15 – In Person Ageless Gentle- Christina Evans Online recording available	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
			5:30 – 6:45 pm – In Person Ageless/ Bone Strengthening –Chris Riely	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S			
Sun, June 5	Mon, June 6	Tues, June 7	Wed, June 8	Thurs, June 9	Fri, June 10	Sat, June 11
	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 – 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 Ageless Gentle- Christina Evans Online recording available	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
			5:30 – 6:45 pm – In Person Ageless/ Bone Strengthening – Chris Riely	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S			
Sun, June 12	Mon, June 13	Tue, June 14	Wed, June 15	Thurs, June 16	Fri, June 17	Sat, June 18
	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 – Carolyn Hazel	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
		1:30 – 5:30 pm – Yoga Teacher Training Open House	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	Preregistration is required for all classes thru MindBody or at info@glenmoreyoga.com
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	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- Recording of Chair Yoga with Sandy available upon request	GlenmoreYoga.com 804.741.5267