

Glenmore Yoga In Studio & Online September 1 - 17, 2022

Sun	Mon	Tue	Wed	Thurs, Sept 1	Fri, Sept 2	Sat, Sept 3
				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 – 11:40 am – Online Ageless Level 1 – Sandy Axelson	10:30 – 11:45 am – In Person Level 1 Yoga – Louise Mason	
				11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Carolyn Hazel	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
				6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sun, Sept 4	Mon, Sept 5	Tues, Sept 6	Wed, Sept 7	Thurs, Sept 8	Fri, Sept 9	Sat, Sept 10
		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 Studio Mixed Level Flow & Restore – Randi Weiss	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga Jim Theobald	10:45 – 12:00 – In Person Ageless Lev 1 - Mary Lou Bean	10:30 – 11:40 am – Online Ageless Level 1 Pre-recording with Mary available upon request.	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 – Carolyn Hazel	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	
Sun, Sept 11	Mon, Sept 12	Tue, Sept 13	Wed, Sept 14	Thurs, Sept 15	Fri, Sept 16	Sat, Sept 17
	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 – 11:45 am – In Studio Yoga on the Ball- Christina Evans	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	10:30 – 11:40 am – Online Ageless Level 1 – Mary Leffler	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	Glenmore's 200 Hour Yoga Teacher Training Program Starts
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S	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		

**Preregister is required for Both In Studio and Online Classes through MindBody
or at info@glenmoreyoga.com * GlenmoreYoga.com * 804.741.5267**