

Glenmore Yoga In Studio & Online August 1 - 17, 2024

Sun	Mon	Tue	Wed	Thurs, Aug 1	Fri, Aug 2	Sat, Aug 3
				9:00 – 10:15 am – In Person Level 2– Debbie Stewart	9:00 – 10:15 am – In Studio Yin Yoga – Randi Weiss	9:00 – 10:15 am – In Person Mixed Level Yoga- Rodney Bradley
				9:15 – 10:30 am – In Person Level 3 Yoga - Randi Weiss	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
				10:30 – 11:45 am- Online Chair Yoga paused till August 8	10:30 – 11:45 – Online Tibetan Rites paused till August 16	
				10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P		
				11:00 – 12:15 –In Studio YOGAbility – Rodney B		
				6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz		
Sun, Aug 4	Mon, Aug 5	Tues, Aug 6	Wed, Aug 7	Thurs, Aug 8	Fri, Aug 9	Sat, Aug 10
	9:00 – 10:15 am – In Person Level 2- Susie Hayden	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– Debbie Stewart	9:00 – 10:15 am – In Studio Yin Yoga – Mary Lou Bean	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
	10:30 – 11:45 am – In Person Ageless Yoga- Mary Lou Bean	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Christina E	9:15 – 10:30 – Flow Pilates Mat Class paused till 8/21	9:15 – 10:30 am – In Person Level 3 Yoga - Rodney Bradley	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
		10:45 – 12:00 – Fundamentals Pilates Mat Class paused till 8/20	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 – Pre Recording of Tibetan Rites available	
		11:15 – 12:30 – In Studio Restorative Yoga- Carolyn Hazel	11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel	10:45 – 12:00 – Fundamentals Pilates Mat Class paused till 8/22		
				11:00 – 12:15 –In Studio YOGAbility – Rodney B		
		5:00 – 6:15 pm – In Person Level 1&2- Susie Hayden	6:00 – 7:15 pm – In Person & Online Level 2 & 3 YogaFusion – Rodney Bradley	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Tracy Burkard		
Sun, Aug 11	Mon, Aug 12	Tue, Aug 13	Wed, Aug 14	Thurs, Aug 15	Fri, Aug 16	Sat, Aug 17
	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 Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2– Rodney Bradley	9:00 – 10:15 am – In Studio Yin 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	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Christina E	9:15 – 10:30 – In Studio YogaFusion – Rodney Bradley	9:15 – 10:30 am – In Person Level 3 Yoga - Randi Weiss	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
		10:45 – 12:00 – Fundamentals Pilates Mat Class paused till 8/20	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 – Online Tibetan Rites – Kim Leibowitz	Preregister is required for Both In Studio and Online Classes through MindBody
		11:15 – 12:30 – In Studio Restorative Yoga Kristi Pollard	11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel	10:45 – 12:00 – Fundamentals Pilates Mat Class paused till 8/22		info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267
				11:00 – 12:15 –In Studio YOGAbility – Rodney B		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online Level 2 & 3–Kerry Shultz	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz		