


Glenmore Yoga In Studio & Online

Sept 1 - 16, 2023

Sun	Mon	Tue	Wed	Thurs	Fri, Sept 1	Sat, Sept 2
					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 Yoga on the Ball –Christina Evans	
					10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
Sun, Sept 3	Mon, Sept 4	Tues, Sept 5	Wed, Sept 6	Thurs, Sept 7	Fri, Sept 8	Sat, Sept 9
		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
		9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Christina	10:45 – 12:00 – In Person Ageless Lev 1 - Carolyn Hazel	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – In Person Level 1 Christina Evans	
		10:45 – 12:00 – Flow Pilates In Studio Mat Class – Dianne Powers	11:00 – 12:15 – In Person Gentle Yoga – Mary Leffler	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		11:30 – 12:45 – In Person & Online Slow & Gentle Yoga- Mary Leffler	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S	6:00 – 7:15 pm – Pre Recording of Online Level 1 Yoga available		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Rodney Bradley				
Sun, Sept 10	Mon, Sept 11	Tue, Sept 12	Wed, Sept 13	Thurs, Sept 14	Fri, Sept 15	Sat, Sept 16
	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 – Carolyn Hazel	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Carolyn Hazel	10:45 – 12:00 – In Person Ageless Lev 1 - Mary Lou Bean	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am –  In Person Yoga on the Ball –Christina Evans	
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	10:45 – 12:00 – Flow Pilates In Studio Mat Class – Dianne Powers	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	Preregister is required for Both In Studio and Online Classes through MindBody
		11:30 – 12:45 – In Person Slow & Gentle Yoga – Carolyn Hazel	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz		info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267
		5:00 – 6:15 pm – In Person & Online Level 1&2- Rodney Bradley				