



yoga class schedule

All students must be scheduled in advance.

Introductory Yoga Class – Call for information.

Gentle Yoga

Monday6:30 – 7:45 pm

Level 1

Tuesday9:00 – 10:15 am

Tuesday5:00 – 6:15 pm

Tuesday6:30 – 7:45 pm

Thursday6:30 – 7:45 pm

Friday (Ball Class every 2nd week) 10:30 – 11:45 am

Level 2

Monday10:30 – 11:45 am

Tuesday5:00 – 6:15 pm

Thursday9:00 – 10:15 am

Thursday5:00 – 6:15 pm

Mixed Level 1 and 2

Saturday9:00 – 10:15 am

Mixed Level 2 and 3

Monday6:30 – 7:45 pm

Level 3

Tuesday10:30 – 11:45 am

Wednesday6:30 – 7:45 pm

Friday9:00 – 10:15 am

Saturday10:30 – 11:45 am

Ashtanga Fusion

Thursday9:15 – 10:45 am

YogaRhythms

Tuesday6:30 – 7:45 pm

Yin Yoga

Wednesday9:30 – 10:45 am

Meditative Yoga

Saturday9:00 – 10:15 am



GLENMORE YOGA &
WELLNESS CENTER



yoga class schedule

Ageless Yoga™ - (Ages 55 and better)

Gentle / Introductory

Monday10:30 – 11:45 am

Wednesday10:30 – 11:45 am

Thursday..... 11:00 am – 12:15 pm

Friday..... 10:30 – 11:45 am

Level 1

Monday9:00 – 10:15 am

Thursday.....10:30 – 11:45 am

Mixed Level 1 and 2

Wednesday9:00 – 10:15 am

YOGA FOR THE CHILDBEARING YEARS

Prenatal

Wednesday6:30 – 7:45 pm

Yoga Moms call for information

Schedule changes periodically. Call for updates

YOGA FOR CHILDREN and TEENS*

Schedule changes periodically. Call for updates.

Yoga for Children

Call for info.

Yoga for Teens

Monday - Ages 12 – 185:00 – 6:15 pm

* Children's yoga is \$52 per month or \$15 drop-in. Teen classes same as adults. Ten dollar discount on monthly enrollment for each additional child.

**Glen Eagles Shopping Center
10442 Ridgefield Parkway
Richmond, VA 23233
glenmoreyoga@aol.com
www.glenmoreyoga.com
804.741.5267**

