

# Glenmore Yoga In Studio & Online Nov 13 - 30, 2022

Sun, Nov 13	Mon, Nov 14	Tue, Nov 15	Wed, Nov 16	Thurs, Nov 17	Fri, Nov 18	Sat, Nov 19
	9:00 – 10:15 am – In Person & Online Level 2 – <b>Randi Weiss</b>	9:00 – 10:15 am – In Person & Online Level 1 – <b>Debbie Stewart</b>	9:00 – 10:30 am – In Person & Online Yin Yoga- <b>Erin Forsyth</b>	9:00 – 10:15 am – In Person & Online Lev 2 & 3– <b>Randi Weiss</b>	9:00 – 10:15 am – In Person & Online Level 3 Yoga <b>Randi Weiss</b>	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- <b>Rodney Bradley</b>
4:00 – 5:30 pm – In Studio & Online Sunday Restorative Yoga – <b>Kerry Shultz</b>	10:30 – 11:45 am – In Person & Online Ageless Yoga – <b>Mary Lou Bean</b>	10:00 – 11:15 am – In Person Ageless/ Bone Strengthening – <b>Chris Riely</b>	10:45 – 12:00 – In Person Ageless Lev 1 - <b>Mary Lou Bean</b>	10:30 – 11:40 am – Online Ageless Level 1 pre- recording available	10:30 – 11:45 am – In Person Level 1  <b>Yoga on the Ball – Christina Evans</b>	
		10:45 – 12:00 – In Person & Online Slow & Gentle Yoga –Cancelled & Will resume Nov 22	11:00 – 12:15 – In Person Ageless Gentle- <b>Christina Evans</b> Online recording available	10:30 – 11:45 am – In Studio Pilates Mat Class – <b>Dianne Powers</b>	10:30 – 11:45 am – Online Tibetan Rites – <b>Kim Leibowitz</b>	
		5:00 – 6:15 pm – In Person & Online Level 1 & 2- <b>Rodney</b>	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– <b>Kerry S</b>	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – <b>Chris R</b>	12:30 – 1:45 pm- Online Chair Yoga – Paused till Dec 2	
				6:00 – 7:15 pm – Online Level 1 Yoga- <b>Kerry</b>		
Sun, Nov 20	Mon, Nov 21	Tues, Nov 22	Wed, Nov 23	Thurs, Nov 24	Fri, Nov 25	Sat, Nov 26
	9:00 – 10:15 am – In Person & Online Level 2 – <b>Randi Weiss</b>	9:00 – 10:15 am – In Person & Online Level 1 – <b>Debbie Stewart</b>	9:00 – 10:30 am – In Person & Online Yin Yoga- <b>Erin Forsyth</b>			9:00 – 10:15 am – In Person & Online Mixed Level Yoga- <b>Mary Lou Bean</b>
	10:30 – 11:45 am – In Person & <b>Christina Evans</b> Online recording available	10:00 – 11:15 am – In Person Ageless/ Bone Strengthening –Cancelled & will resume Nov 29	10:45 – 12:00 – In Person Ageless Lev 1 - <b>Carolyn Hazel</b>	<b>Happy Thanksgiving</b> 	<b>All Classes are Cancelled</b>	
		10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – <b>Jim Theobald</b>	11:00 – 12:15 – In Person Ageless Gentle- <b>Christina Evans</b> Online recording available			
		5:00 – 6:15 pm – In Person & Online Level 1 & 2- <b>Rodney</b>	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– <b>Cancelled</b>			
Sun, Nov 27	Mon, Nov 28	Tue, Nov 29	Wed, Nov 30	Thurs	Fri	Sat
	9:00 – 10:15 am – In Person & Online Level 2 – <b>Kerry Shultz</b>	9:00 – 10:15 am – In Person & Online Level 1 – <b>Louise Mason</b>	9:00 – 10:30 am – In Person & Online Yin Yoga- <b>Erin Forsyth</b>			
	10:30 – 11:45 am – In Person & Online Ageless Yoga – <b>Mary Lou Bean</b>	10:00 – 11:15 am – In Person Ageless/ Bone Strengthening – <b>Chris Riely</b>	10:45 – 12:00 – In Person Ageless Lev 1 - <b>Mary Lou Bean</b>			
		10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – <b>Jim Theobald</b>	11:00 – 12:15 – In Person & Online Ageless Gentle- <b>Carolyn Hazel</b>			
		5:00 – 6:15 pm – In Person & Online Level 1 & 2- <b>Rodney</b>	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– <b>Kerry S</b>			

**Preregister is required for Both In Studio and Online Classes through MindBody  
or at [info@glenmoreyoga.com](mailto:info@glenmoreyoga.com) \* [GlenmoreYoga.com](http://GlenmoreYoga.com) \* 804.741.5267**