

Glenmore Yoga In Studio & Online April 14 - 30, 2024

Sun, April 14	Mon, April 15	Tue, April 16	Wed, April 17	Thurs, April 18	Fri, April 19	Sat, April 20
	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 & 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 & Online – Ageless Yoga-Carolyn Hazel	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Christina	9:15 – 10:30 – In Studio Yoga Fusion – 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 4/23	10:45 – 12:00 – In Studio Ageless Lev 1 Christina Evans	10:30 – 11:45 am – Online Chair Yoga – Sandy Axelson	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		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 4/25	10:45 – 12:00 – In Studio Level 1 & 2 Yoga on the Ball – Susie Hayden	
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
		5:00 – 6:15 pm – In Person Level 1 – Susie Hayden	6:00 – 7:15 pm – In Person & Online Lev 2 & 3–Kerry S	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kerry Shultz		
Sun, April 21	Mon, April 22	Tues, April 23	Wed, April 24	Thurs, April 25	Fri, April 26	Sat, April 27
	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– Debbie Stewart	9:00 – 10:15 am – In Studio Yin Yoga – Randi Weiss	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
4:00 – 5:30 pm – Sunday Restorative 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	9:15 – 10:30 – In Studio Flow Pilates Mat Class – Dianne Powers	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 – In Studio Fundamentals Pilates Mat Class- Dianne P	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 am – Online Tibetan Rites – Kim Leibowitz	
		11:15 – 12:30 – In Studio Restorative Yoga Kristi Pollard	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P		
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online YinYin Lev 2 & 3–Kerry S	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kristi Pollard	6:00 – 8:00 pm Kathy Calhoun Art Reception	
Sun, April 28	Mon, April 29	Tue, April 30	Wed	Thurs	Fri	Sat
	9:00 – 10:15 am – In Person & Online Level 2-Randi Weiss	9:00 – 10:15 am – In Person & Online Level 1- Debbie Stewart				
	10:30 – 11:45 am – In Person & Online Ageless Yoga-Mary Lou Bean	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Christina				
		10:45 – 12:00 – Fundamentals Pilates Mat Class paused till 5/2				
		11:15 – 12:30 – In Studio Restorative Yoga Kristi Pollard				Preregister is required for Both In Studio and Online Classes through MindBody
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel				info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267