

## Glenmore Yoga In Studio & Online Jan 14 - 31, 2024

Sun, Jan 14	Mon, Jan 15	Tue, Jan 16	Wed, Jan 17	Thurs, Jan 18	Fri, Jan 19	Sat, Jan 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– Randi Weiss	9:00 – 10:15 am – In Studio Yin Yoga – Randi Weiss	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Randi Weiss
	10:30 – 11:45 am – In Person & Online – Ageless Yoga- Mary Lou	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 - Rodney Bradley	10:30 – 11:45 am – In Studio Ageless Yoga – Christina Evans	
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	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	
			11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – In Studio Level 1 & 2 – Susie Hayden	
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S	11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
				6:00 – 7:15 pm – In Studio & Online Level 1 Yoga –Kerry Shultz		
Sun, Jan 21	Mon, Jan 22	Tues, Jan 23	Wed, Jan 24	Thurs, Jan 25	Fri, Jan 26	Sat, Jan 27
	9:00 – 10:15 am – In Person & Online Level 2-Kerry Shultz	9:00 – 10:15 am – In Person & Online Level 1- Randi Weiss	9:00 – 10:30 am – In Person & Online 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	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Carolyn H	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	
Sunday Restorative Yoga – 4:00 – 5:30 pm – Kerry Shultz	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	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 paused till Feb 8	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		11:15 am – 12:30 - Pop up Restorative Yoga In Studio – Kristi Pollard	11:00 – 12:15 – In Studio Gentle Yoga - Christina Evans	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – In Studio Level 1 & 2 – Randi Weiss	
		5:00 – 6:15 pm – In Person Lev 1 & 2- Susie Hayden Pre recording available	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
				6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kristi Pollard		
Sun, Jan 28	Mon, Jan 29	Tue, Jan 30	Wed, Jan 31	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	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth			
	10:30 – 11:45 am – In Person & Online – Ageless Yoga-Carolyn H	9:45 – 11:00 am – In Person Ageless/ Bone Strengthening – Christina	9:15 – 10:30 – In Studio Flow Pilates Mat Class – Dianne Powers			
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P	10:45 – 12:00 – In Studio Ageless Lev 1 Mary Lou			Preregister is required for Both In Studio and Online Classes through MindBody
			11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel			info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267
		5:00 – 6:15 pm – In Person & Online Level 1&2- Carolyn Hazel	6:00 – 7:15 pm – In Person & Online Lev 2 & 3 Kerry Shultz			