

Glenmore Yoga In Studio & Online Nov 1 - 18, 2023

Sun	Mon	Tue	Wed, Nov 1	Thurs, Nov 2	Fri, Nov 3	Sat, Nov 4
			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
			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 Person Level 1 Christina Evans	
			10:45 – 12:00 –In Studio Ageless Lev 1- Mary Lou B	10:30 – 11:45 am – Online Chair Yoga –Sandy A	10:30 – 11:45 am – Online Tibetan Rites –Kim L	
			11:00 – 12:15 – In Studio Gentle Yoga - Carolyn Hazel	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P		
				11:00 – 12:15 – In Studio YOGAbility – Rodney Bradley		
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kristi Pollard		
Sun, Nov 5	Mon, Nov 6	Tues, Nov 7	Wed, Nov 8	Thurs, Nov 9	Fri, Nov 10	Sat, Nov 11
	9:00 – 10:15 am – In Person & Online Level 2-Randi Weiss	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 Person Yoga on the Ball –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	“Gather at Glenmore” 1:00 – 3:00 pm
		11:30 – 12:45 – In Person & Online Slow & Gentle Yoga- Jim Theobald	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 Lev 1 & 2-Susie H Pre recording available	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, Nov 12	Mon, Nov 13	Tue, Nov 14	Wed, Nov 15	Thurs, Nov 16	Fri, Nov 17	Sat, Nov 18
	9:00 – 10:15 am – In Person & Online Level 2-Kerry Shultz	9:00 – 10:15 am – In Person & Online Level 1- Debbie S	9:00 – 10:30 am – In Person &Online Yin Yoga- Mary Lou Bean	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- 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 Person Level 1 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 – Pre Recording of Chair Yoga with Sandy available	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 – Sue Agee	11:00 – 12:15 – In Studio & Online Gentle Ball Yoga- Carolyn H 	10:45 – 12:00 – In Studio Fundamentals Pilates Mat Class- Dianne P		info@glenmoreyoga.com GlenmoreYoga.com 804*741*5267
				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 Lev 2 & 3– Kerry S	6:00 – 7:15 pm – In Studio & Online Level 1 Yoga – Kristi Pollard		