## **Glenmore Yoga In Person & Online**

## November 19 – Dec 2, 2023

Sun, Nov 19	Mon, Nov 20	Tue, Nov 21	Wed, Nov 22	Thurs, Nov 23	Fri, Nov 24	Sat, Nov 25
	9:00 – 10:15 am –	9:00 – 10:15 am –	9:00 - 10:30 am -			9:00 – 10:15 am –
	In Studio & Online	In Person &	In Person &			In Person &
	Level 2 –	Online Level 1 –	Online Yin Yoga-			Online Mixed Level Yoga-
	Randi Weiss	Debbie Stewart	Erin Forsyth			Randi Weiss
	10:30 - 11:45 am -	9:45 - 11:00 am -	9:15 - 10:30 -	Happy Thanksgiving		
	In Studio & Online	In Person Ageless/ Bone	Flow Pilates In Studio Mat		Center is Closed	
	Ageless Yoga –	Strengthening –	Cancelled & returns 11/29		center is closed	
	Mary Lou Bean	Christina Evans		Conv.		
	12:00 – 1:00 pm –	10:45 - 12:00 -	10:45 - 12:00 -		10:30 – 11:45 am –	
	Online Meditation & Book	Flow Pilates In Studio Mat	In Person Ageless Lev 1	Daniel Control	Online Tibetan Rites –	
	Study Series – Randi Weiss	Cancelled & returns 11/28	Mary Lou Bean		Kim Leibowitz	
		11:30 - 12:45 -	11:00 - 12:15 -			
		In Person & Online Slow &	In Studio Gentle Yoga -			
		Gentle Yoga –	Christina Evans			
		Mary Leffler				
		5:00 – 6:15 pm –	6:00 – 7:15 pm –			
		In Person &	In Person &			
		Online Level 1 & 2 –	Online Lev 2 & 3-			
		Carolyn Hazel	Cancelled & returns 11/29			
Sun, Nov 26	Mon, Nov 27	Tues, Nov 28	Wed, Nov 29	Thurs, Nov 30	Fri, Dec 1	Sat, Dec 2
	9:00 – 10:15 am –	9:00 – 10:15 am –	9:00 – 10:30 am –	9:00 – 10:15 am –	9:00 – 10:15 am –	9:00 – 10:15 am –
	In Person & Online	In Person &	In Person &	In Person & Online Lev 2–	In Person &	In Person &
	Level 2 –	Online Level 1 –	Online Yin Yoga-	Rodney Bradley	Online Level 3 Yoga	Online Mixed Level Yoga-
	Kerry Shultz	Debbie Stewart	Erin Forsyth		Randi Weiss	Kerry Shultz
	10:30 – 11:45 am –	9:45 – 11:00 am –	9:15 - 10:30 -	9:15 – 10:30 am –	10:30 – 11:45 am –	
	In Person & Online	In Studio Ageless/ Bone	Flow Pilates In Studio Mat	In Person Level 3 Yoga -	In Studio Yoga for Hips –	
	Ageless Yoga –	Strengthening –	Class – Dianne Powers	Randi Weiss	Susie Hayden	
	Mary Lou Bean 12:00 – 1:00 pm –	Christina Evans 10:45 – 12:00 –	10:45 - 12:00 -	10:30 – 11:45 am –	10:30 – 11:45 am –	
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	Online Meditation & Book	In Studio Fundamentals	In Person Ageless Lev 1	Online Chair Yoga –	Online Tibetan Rites –	
	Study Series – Randi Weiss	Pilates Mat Class-	Mary Lou Bean	Sandy Axelson	Kim Leibowitz	
		Dianne Powers 11:30 – 12:45 –	11:00 - 12:15 -	10:45 - 12:00 -		
		In Studio & Online Slow &	In Studio Gentle Yoga -	In Studio Fundamentals		
			•	Pilates Mat Class- Dianne P		
		Gentle Yoga – Mary Leffler	Carolyn Hazel	Pliates Mat Class- Dianne P		
				11:00 - 12:15 -		
				In Studio YOGAbility –		
		5:00 - 6:15 pm -	6:00 - 7:15 pm -	6:00 – 7:15 pm –		
		In Studio &	In Studio & Online	In Studio & Online Level 1		
		Online Level 1 & 2 –	Lev 2 & 3 VinYin -	Yoga – Kerry Shultz		
		Carolyn Hazel	Kerry Shultz	, , , , , ,		
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		Online Level 1 & 2 –	In Studio & Online Lev 2 & 3 VinYin -	Rodney Bradley 6:00 – 7:15 pm – In Studio & Online Level 1		

Preregistration is required for Both In Studio and Online Classes through MindBody

\* GlenmoreYoga.com \* 804.741.5267