

Glenmore Yoga Online & In Person

Dec 13 - 31, 2020

Sun, Dec 13	Mon, Dec 14	Tue, Dec 15	Wed, Dec 16	Thurs, Dec 17	Fri, Dec 18	Sat, Dec 19
	9:00 – 10:15 am – Online Level 2 – Randi Weiss	7:15 – 8:45 am – Online Ashtanga Flow – Randi Weiss	9:00 – 10:30 am – Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss	9:00 – 10:15 am – Online Level 3 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 Bean	9:00 – 10:15 am – Online Level 1 – Debbie Stewart	10:30 – 11:45 am – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Ageless Level 1 – Chris Riely	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
	12:00 – 12:30 pm – Online Karma Meditation – Randi Weiss	10:30 – 12:00 – Online Restorative Yoga – Mary Lou Bean	11:00 – 12:15 – Online Ageless Gentle – Mary Leffler	12:30 – 2:00 pm – Fountain of Youth – Kim Leibowitz	10:30 – 11:45 am - Online Tibetan Rites – Kim Leibowitz	
	6:00 – 7:15 pm – Yoga For the Pelvic Floor – Sandy Axelson	5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sun, Dec 20	Mon, Dec 21	Tues, Dec 22	Wed, Dec 23	Thurs, Dec 24	Fri, Dec 25	Sat, Dec 26
	9:00 – 10:15 am – Online Level 2 – Randi Weiss	7:15 – 8:45 am – Online Ashtanga Flow – Randi Weiss	9:00 – 10:30 am – Online Yin Yoga- Kerry Shultz	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss		9:00 – 10:15 am – In Person & Online Mixed Level Yoga - Kerry
	10:30 – 11:45 am – In Person & Online Ageless Yoga - Mary Lou Bean	9:00 – 10:15 am – Online Level 1 – Debbie Stewart	10:30 – 11:45 am – In Person Ageless Lev 1 Carolyn Hazel	10:30 – 11:45 am – Online Ageless Level 1 – Carolyn Hazel		
	12:00 – 12:30 pm – Online Karma Meditation – Randi Weiss	10:30 – 12:00 – Online Restorative Yoga – Mary Lou Bean	11:00 – 12:15 – Online Ageless Gentle – Mary Leffler			
	2:00 – 3:15 pm – Online Yoga on Your Ball Carolyn Hazel	5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 pm class cancelled		
	6:00 – 7:15 pm – Yoga For the Pelvic Floor – Kerry Shultz					
Sun, Dec 27	Mon, Dec 28	Tue, Dec 29	Wed, Dec 30	Thur, Dec 31		
	9:00 – 10:15 am – Online Level 2 – Kerry Shultz	7:15 – 8:45 am – Online Ashtanga Flow – Randi Weiss	9:00 – 10:30 am – Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss		
	10:30 – 11:45 am – In Person & Online Ageless Yoga Mary Lou Bean	9:00 – 10:15 am – Online Level 1 – Debbie Stewart	10:30 – 11:45 am – In Person Ageless Lev 1 Christina Evans	10:30 – 11:45 am – Online Ageless Level 1 – Chris Riely		
	6:00 – 7:15 pm – Yoga For the Pelvic Floor – Sandy Axelson	10:30 – 12:00 – Online Restorative Yoga – Mary Leffler	11:00 – 12:15 – Online Ageless Gentle – Mary Leffler	6:00 pm class cancelled		
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz			