


Glenmore Yoga Online & In Person

January 1 – 16, 2021

Sun	Mon	Tue	Wed	Thurs	Fri, Jan 1	Sat, Jan 2
					10:30 – 11:45 am – In Person & Online – Mixed Flow & Yin – Randi Weiss	9:00 – 10:15 am – In Person & Online Mixed Level Yoga Kerry Shultz
						
Sun, Jan 3	Mon, Jan 4	Tues, Jan 5	Wed, Jan 6	Thurs, Jan 7	Fri, Jan 8	Sat, Jan 9
	9:00 – 10:15 am – Online Level 2 – Randi Weiss	9:00 – 10:15 am – Online Level 1 – Debbie Stewart	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
	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean	10:30 – 12:00 – Online Restorative Yoga – Mary Lou Bean	10:30 – 11:45 am – In Person Ageless Lev 1 Christina Evans	10:30 – 11:45 am – Online Ageless Level 1 – Chris Riely	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
	6:00 – 7:15 pm – Yoga For the Pelvic Floor – Kerry Shultz	5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	11:00 – 12:15 – Online Ageless Gentle – Carolyn Hazel	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	10:30 – 11:45 am - Online Tibetan Rites – Kim Leibowitz	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz		12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sun, Jan 10	Mon, Jan 11	Tue, Jan 12	Wed, Jan 13	Thur, Jan 14	Fri, Jan 15	Sat, Jan 16
	9:00 – 10:15 am – Online Level 2 – Kerry Shultz	9:00 – 10:15 am – Online Level 1 – Debbie Stewart	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
	10:30 – 11:45 am – In Person & Online Ageless Yoga - Mary Lou Bean	10:30 – 12:00 – Online Restorative Yoga – Mary Leffler	10:30 – 11:45 am – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Ageless Level 1 – Mary Leffler	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
	12:00 – 12:30 pm – Online Karma Meditation – Randi Weiss	5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	11:00 – 12:15 – Online Ageless Gentle – Carolyn Hazel	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	10:30 – 11:45 am - Online Tibetan Rites – Kim Leibowitz	
	2:00 – 3:15 pm – Online Yoga on Your Ball - Carolyn Hazel		6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz		12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
	6:00 – 7:15 pm – Yoga For the Pelvic Floor – Sandy Axelson					