

Glenmore Yoga Online & In Person

July 1 - 17, 2021

Sun	Mon	Tue	Wed	Thurs, July 1	Fri, July 2	Sat, July 3
				9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss	9:00 – 10:15 am – In Person & Online Level 3 Yoga Randi Weiss	9:00 – 10:15 am – In Person & Online Mixed Level Yoga Kerry Shultz
				10:30 – 11:45 am – Online Ageless Level 1 – Carolyn Hazel	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
				11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
				6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sun, July 4	Mon, July 5	Tues, July 6	Wed, July 7	Thurs, July 8	Fri, July 9	Sat, July 10
	9:00 – 10:15 am – In Person & Online Level 2 – Randi Weiss	9:00 – 10:15 am – In Person & Online Level 1 – Mary Lou Bean	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	8:30 am - In Person & Online Karma Meditation – Randi Weiss	9:00 – 10:15 am – In Person & Online Level 3 Yoga Randi Weiss	9:00 – 10:15 am – In Person & Online Mixed Level Yoga Kerry Shultz
Happy 4 th of July	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean	10:45 – 12:00 – In Person & Online Restorative Yoga – Randi Weiss	10:45 – 12:00 – In Person Ageless Lev 1 Christina Evans	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	11:00 – 12:15 – Online Ageless Gentle – Recording available upon request	10:30 – 11:45 am – Online Ageless Level 1 – Carolyn Hazel	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
				6:00 – 7:15 pm – Online Level 1 Yoga – Kerry		
Sun, July 11	Mon, July 12	Tue, July 13	Wed, July 14	Thurs, July 15	Fri, July 16	Sat, July 17
	9:00 – 10:15 am – In Person & Online Level 2 – Kerry Shultz	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 & 3– Randi Weiss	9:00 – 10:15 am – In Person & 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	10:45 – 12:00 – In Person & Online Restorative Yoga – Mary Lou Bean	10:45 – 12:00 – In Person Ageless Lev 1 – Mary Lou Bean	10:30 – 11:45 am – Online Ageless Level 1 – Sandy Axelson	10:30 – 11:45 am – In Person Level 1 Yoga – Louise Mason	
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	11:00 – 12:15 – Online Ageless Gentle Chris Riely	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
			6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry S	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	