



Permission Only

Shaded - Donation based classes. Please consider a donation to the Cleveland Food Bank

Classes with * - Online class only

MON	TUE	WED	THU	FRI	SAT	SUN
9:30 - 10:45 AM All Levels Vinyasa Back Studio Mary Laura	9:15 - 10:45 AM Foundation B Back Studio Jyotsna		9:15 - 10:45 AM Intermediates Front Studio Sali	9:30 - 10:45 AM Vinyasa Back Studio Ashley	9:30 - 10:45 AM Vinyasa Back Studio Mary Laura	8:30 - 10:00 AM Intermediates Front Studio Jyotsna
9:30 - 10:45 AM Healthy Backs * Back Studio Linda Kabat	9:30 - 10:45 AM Foundation A Front Studio Katarina	9:15 - 10:30 AM All Levels Front Studio Katarina			10:30 - 11:45 AM Yoga for Anxiety Front Studio Linda Kabat	9:00 - 10:15 AM Slow Flow & More Back Studio Julie
9:30 - 10:45 AM Foundation A * Front Studio Devadhyanam			1:00 - 2:00 PM Chair Yoga Front Studio Linda E-W	9:30 - 11:00 AM Foundation B * Front Studio Devadhyanam		10:30 - 11:45 AM Foundation A * Front Studio Linda Kabat
5:30 - 6:15 PM Breathe & Heal * Front Studio Jyotsna	4:00 - 5:30 PM Healthy Aging Front Studio Deb Klein	12:00 - 1:15 PM Foundation A * Front Studio Linda Kabat		12:00 - 1:00 PM All Levels Front Studio Jyotsna		
6:00 - 7:15 AM Restorative Back Studio Stephanie		6:00 - 7:15 PM Beginner's Vinyasa Back Studio Julie	5:30 - 6:15 PM Yoga Nidra/Med 1 Front Studio Devadhyanam		<h2 style="text-align: center;">Current Class Schedule</h2> <p style="text-align: center;">Current Schedule Check online for holiday and schedule changes</p>	
6:30 - 7:30 PM Yoga Nidra/Med 2 * Front Studio Jyotsna	6:15 - 7:30 PM Healthy Backs Front Studio Julie					

Private Yoga classes & Yoga therapy available to fit your schedule. Call or check online!

2319 Lee Road - Cleveland Hts.

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lotusflowercle.com