

Fall Schedule 2024

November 8, 2024

2319 Lee Road - Cleveland Hts



216-371-9760



www.lotusflowercle.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am						8:30 -9:15am Morning Chant (Free) Sali	8:30 -10:00am Yoga Practice & Philosophy Judy
	9:00-10:00am Pilates Rebecca ★	9:15 -10:45am Classical Yoga Judy	9:15- 10:30 am All Levels Katarina	9:15 -10:45 am Intermediates Sali	9:15 -10:45 am Classical Yoga Sali		9:00 -10:15am Vinyasa Julie
	9:30 -10:45am Easy Does It Yoga Tim	9:30 -10:45am Easy Does It Yoga Katarina	9:30 -10:45am Yin Tim ★	10:00 -11:00am Qigong Steve ★	10:00 -11:00am Tai Chi Steve ★	9:30 -10:45am Ashtanga Vinyasa Mary Laura	10:30 -11:45am Vinyasa Basics Liz
						11:15 -12:15pm Restorative Stephanie ★	10:45-12:00pm Easy Does It Yoga Deb S
12:00pm							
	1:00 - 2:00pm Chair Yoga Linda			1:00 - 2:00pm Chair Yoga Linda	12:00 -1:00pm All Levels Judy		
		4:00 - 5:30pm Healthy Aging Deb K					
4:00pm							
	5:30 - 6:45pm Ashtanga Vinyasa Mary Laura	5:30 - 6:45pm Vinyasa Julie	5:30 - 6:45pm Ashtanga Vinyasa Mary Laura		4:45 - 6:00pm Ashtanga Vinyasa Mary Laura		
	5:30 - 6:15pm Breathe and Heal Judy ★			5:30 - 6:15pm Yoga Nidra Sali			
6:00pm							
	6:00 - 7:15pm Restorative Stephanie ★	6:15 - 7:30pm Yoga for Strength & Balance Tim	6:00 - 7:15pm Vinyasa Basics Julie				

Current schedule as of
November 8, 2024

Check online for holiday
schedules and any changes

Classes are available In
Studio and Online unless
otherwise noted

Private and group yoga
available upon request

★ : online only

★ : in studio only

↻ : every other weekend

