

# Fall Schedule 2024

November 8, 2024

2319 Lee Road - Cleveland Hts



216-371-9760



[www.lotusflowercle.com](http://www.lotusflowercle.com)

8:30am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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	9:30-10:45am Ashtanga Vinyasa Mary Laura	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	11:15-12:15pm Restorative Stephanie	10:30-11:45am Vinyasa Basics Liz
1:00-2:00pm Chair Yoga Linda			1:00-2:00pm Chair Yoga Linda	12:00-1:00pm All Levels Judy		10:45-12:00pm Easy Does It Yoga Deb S
	4:00-5:30pm Healthy Aging Deb K			4:45-6:00pm Ashtanga Vinyasa Mary Laura	Current schedule as of November 8, 2024	Check online for holiday schedules and any changes
5:30-6:45pm Ashtanga Vinyasa Mary Laura	5:30-6:45pm Vinyasa Julie	5:30-6:45pm Ashtanga Vinyasa Mary Laura			Classes are available In Studio and Online unless otherwise noted	Private and group yoga available upon request
5:30-6:15pm Breathe and Heal Judy			5:30-6:15pm Yoga Nidra Sali			
6:00-7:15pm Restorative Stephanie	6:15-7:30pm Yoga for Strength & Balance Tim	6:00-7:15pm Vinyasa Basics Julie				

- : online only
- : in studio only
- : every other weekend