

Cleveland Clinic Yoga Schedule

Session I: January 7th - March 30th

Main Campus						
Day of Week	Time	Building	Room #	Class Level	Instructor	CG Only
Tuesday	11:15-11:45am	Lerner	NA5-03	Wellness L2 / Traditional	Therese	X
Tuesday	12:30-1:30pm	JJ	JJ3-107	Wellness L2 / Traditional	Therese	X
Thursday	12:15-12:45pm	Lerner	SEE SCHEDULE	Wellness L2	Laura	X
EAST SIDE						
Tuesday	5:30-6:30pm	Chagrin Falls FHC	Lower Level Conf. Room	Wellness L2 / Traditional	Cassandra	
Tuesday	5:30-6:30pm	TRW (Lyndhurst)	Yoga Room 2nd floor	Traditional	Therese	
Wednesday	4:45-5:45pm	Hillcrest	Auditorium C	Traditional	Danielle	
Thursday	12:15-12:45pm	Hillcrest	Auditorium C	Wellness L1	Danielle	
Thursday	5:15-6:15pm	Solon FHC	4th Floor Conference Room	Wellness L2 / Traditional	Linda	
Friday	12:00-1:00pm	CCAC Building 4	Sub-basement FC	Traditional	Julie	X
WEST SIDE						
Monday	5:00-6:00pm	Fairview WC	Room 201	Wellness L2 / Traditional	Laura	
Monday	5:30-6:30pm	Lakewood FHC	3rd Floor Conference Room C	Traditional	Ashley	
Thursday	5:00-6:00pm	Avon Hospital	AVH1-174	Traditional	Ashley	X
SOUTH						
Monday	4:45-5:45pm	Independence FHC	Conference Room B 8th Floor	Traditional	Paula	
Tuesday	5:00-6:00pm	BOC (Independence)	Auditorium	Wellness L2 / Traditional	Kim	X
Thursday	5:30-6:30pm	Brunswick FHC	Conference Room	Wellness L2 / Traditional	Therese	
THERAPEUTIC						
Monday	7:00-8:00pm	TRW (Lyndhurst)	Yoga Room 2nd floor	Therapeutic (Chair & Mat)	Linda	
Tuesday	1:00-2:00pm	TRW (Lyndhurst)	Yoga Room 2nd floor	Therapeutic (Chair)	Julie	
Thursday	6:30-7:30pm	TRW (Lyndhurst)	Yoga Room 2nd floor	Therapeutic (Chair & Mat)	Sally	