

Cleveland Clinic Yoga Schedule - 2020

Session 1: January 6 - March 28

Main Campus						
Day of Week	Time	Building	Room #	Class Level	Instructor	CG Only
Monday	12:15-12:45pm	Lerner	NA5-25	Wellness L2	Laura	X
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
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	5:15-6:15pm	Solon FHC	4th Floor Conference Room	Wellness L2 / Traditional	Danielle	
Friday	12:00-1:00pm	CCAC Building 4	Sub-basement FC	Traditional	Staff	X
WEST SIDE						
Monday	5:00-6:00pm	Fairview WC	Room 201	Wellness L2 / Traditional	Laura	
Tuesday	5:45-6:45pm	Lakewood FHC	3rd Floor Conf Room C, LF3-12	Traditional	Ashley	
Thursday	5:00-6:00pm	Avon FHC	AVW1-103	Traditional	Ashley	
SOUTH						
Monday	5:00-6:00pm	Independence FHC	Conference Room B 8th Floor	Traditional	Paula / Brittany	
Tuesday	5:00-6:00pm	BOC (Independence)	Auditorium	Wellness L2 / Traditional	Brittany	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)	Sally / Judi	
Thursday	6:30-7:30pm	TRW (Lyndhurst)	Yoga Room 2nd floor	Therapeutic (Chair & Mat)	Sally	