

Sunrise/Sunset Yoga Session 4 (2009) Schedule

Classes will run as scheduled October 12th - December 19th

There will be no classes Thursday November 26th in recognition of the holiday

Site/Day	Time	Location	Instructor
Main Campus			
JJ Building			
Tuesday	12:00pm-12:45pm	JJ3-107	Alissa Wible
Thursday	12:00pm-12:45pm	JJ3-107	Jennifer Clawson
Tuesday	5:15pm-6:00pm	JJ3-107	Marilynn Marple
Thursday	5:15pm-6:00pm	JJ3-107	Tolisa Horning
Health Space			
Monday	12:00pm-12:45pm	Lobby	Jennifer Clawson
Wednesday	12:00pm-12:45pm	Lobby	Joanne LaPlaca
Lerner			
Tuesday	5:30am-6:15am	NA4-Elevator Lobby	Gopi Kumar
Thursday	5:30am-6:15am	NA4-Elevator Lobby	Gopi Kumar
Friday	5:30am-6:15am	NA4-Elevator Lobby	Gopi Kumar
Miller Pavilion			
Monday	7:00am-7:45am	Rooftop (inside)	Gopi Kumar
Tuesday	7:00am-7:45am	Rooftop (inside)	Gopi Kumar
Wednesday	7:00am-7:45am	Rooftop (inside)	Alissa Wible
Thursday	7:00am-7:45am	Rooftop (inside)	Gopi Kumar
Friday	7:00am-7:45am	Rooftop (inside)	Gopi Kumar
Saturday	7:00am-7:45am	Rooftop (inside)	Gopi Kumar
Monday	8:00am-8:45am	Rooftop (inside)	Gopi Kumar
Thursday	8:00am-8:45am	Rooftop (inside)	Gopi Kumar
Monday	4:00pm-4:45pm	Rooftop (inside)	Gopi Kumar
Tuesday	4:00pm-4:45pm	Rooftop (inside)	Maryanne Jage
Wednesday	4:00pm-4:45pm	Rooftop (inside)	Maryanne Jage
Thursday	4:00pm-4:45pm	Rooftop (inside)	Gopi Kumar
Friday	4:00pm-4:45pm	Rooftop (inside)	Alissa Wible
Monday	5:30pm-6:15pm	Rooftop (inside)	Gopi Kumar
Tuesday	5:30pm-6:15pm	Rooftop (inside)	Maryanne Jage
Wednesday	5:30pm-6:15pm	Rooftop (inside)	Maryanne Jage
Thursday	5:30pm-6:15pm	Rooftop (inside)	Gopi Kumar
Friday	5:30pm-6:15pm	Rooftop (inside)	Alissa Wible
Walker Building			
Monday	6:30am-7:15am	Fitness Center	Laura Ross
Wednesday	6:30am-7:15am	Fitness Center	Laura Ross
* Instructors may change			
*Bring your own mat			

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Community Hospitals:			
Beachwood CCAC			
Wednesday	1:30pm - 2:15pm	Cafeteria Annex	Jennifer Clawson
Brunswick			
Thursday	5:30pm - 6:15pm	Conference Room	Michelle Star
Chestnut Commons (Elyria)			
Tuesday	5:30pm - 6:15pm	Community Room	Michelle Star
Friday	5:15pm-6:00pm	Community Room	Michelle Star
Euclid			
Monday	4:45pm-5:30pm	Waltz Auditorium	Diane Monaco
Fairview			
Monday	5:00pm-5:45pm	Fairview Wellness Center	Susan Livingston
Wednesday	5:00pm-5:45pm	Moll Pavilion Basement	Susan Livingston
Hillcrest			
Monday	3:45pm-4:30pm	Ross Auditorium A	Freia Ramsey
Monday	5:15pm-6:00pm	Ross Auditorium A	Freia Ramsey
Thursday	3:45pm-4:30pm	Ross Auditorium B	Freia Ramsey
Thursday	5:15pm-6:00pm	Ross Auditorium B	Freia Ramsey
Huron			
Tuesday	3:30pm-4:15pm	Cafeteria Area	Gopi Kumar
Independence			
Thursday	12:00pm-12:45pm	Crown Center Building 6th Floor	Susan Livingston
ITC-Independence			
Tuesday	5:00pm-5:45pm	ITC Auditorium	Susan Livingston
Lakewood			
Monday	5:00pm-5:45pm	Wasmer Auditorium	Maryanne Jage
Thursday	4:00pm - 4:45pm	Traige Room/Community Cnt.	Maryanne Jage
Lutheran			
Wednesday	5:00pm-5:45pm	Castelle Learning Center Pre-Function Area	Marilynn Marple
Marymount			
Thursday	4:00pm-4:45pm	Auditorium B	Diane Monaco
Parker			
Wednesday	12:00pm-12:45pm	Fitness Center	Gopi Kumar

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Community Hospitals:			
Shaker			
Wednesday	7:00am - 7:45am	Conference room A	Gopi Kumar
South Pointe			
Wednesday	4:30pm-5:15pm	West Wing 1 Building B 1st floor	Gopi Kumar
Strongsville			
Tuesday	7:00am - 7:45am	Medical records room	Michelle Star
Friday	7:00am - 7:45am	Medical records room	Michelle Star
TRW-Lyndhurst			
Tuesday	5:00pm-5:45pm	Fitness Center	Gopi Kumar
Westlake FHC			
Thursday	5:30pm - 6:15pm	3rd floor ENT lobby	Joanne LaPlaca
Wooster			
Monday's	5:30pm-6:15pm	The Studio on Liberty	Tracy Heck
* Instructors may change			
*Bring your own mat			