

Circle Yoga Winter Session 2021 (Jan 4 - Mar 28)

Register at www.circleyoga.com

Monday	9:00 AM	10:00 AM	Yoga Level 1-2	Krista
Monday	9:00 AM	10:00 AM	Yoga Level 1	Debbie
Monday	10:15 AM	11:15 AM	Super Gentle Yoga	Annette
Monday	10:30 AM	11:30 AM	Gentle Yoga	Anne T.
Monday	10:30 AM	11:30 AM	Yoga Level 2	Rachel
Monday	11:30 AM	12:30 PM	Pilates Total Fitness	Annette
Monday	12:00 PM	1:00 PM	Yoga Level 1	Linda
Monday	4:00 PM	5:00 PM	Workshop Series: Settling into Life Using Mindfulness Practices 8 weeks: Jan 4 - Feb 22	Annie
Monday	5:30 PM	6:30 PM	Yoga for Kids with Special Needs	Tamar
Monday	6:15 PM	7:15 PM	Yoga Level 2	Eduardo
Monday	7:00 PM	8:00 PM	Yoga Level 1	Linda
Tuesday	8:30 AM	9:30 AM	Yoga Level 1	Bonnie
Tuesday	10:00 AM	11:00 AM	Gentle Yoga	Mercedes
Tuesday	10:15 AM	11:15 AM	Baby and Me Yoga	Michelle C.
Tuesday	10:30 AM	11:30 AM	Yoga Level 2	Kellie
Tuesday	12:00 PM	1:00 PM	Total Body Fitness	Krista
Tuesday	5:00 PM	6:00 PM	Gentle Yoga	Bonnie <i>Alex returns 2/2</i>
Tuesday	6:30 PM	7:30 PM	Stretch, Strengthen and Align	Michelle B. <i>Alex returns 2/2</i>
Tuesday	7:00 PM	8:00 PM	Strength and Cardio	Delores
Wednesday	7:30 AM	8:30 AM	Total Body Bootcamp	Bretton
Wednesday	9:00 AM	10:00 AM	Yoga Level 1	Rachel
Wednesday	9:15 AM	10:15 AM	Basic Pilates	Jessica
Wednesday	10:15 AM	11:15 AM	Flow Level 2	Jen
Wednesday	10:30 AM	11:30 AM	Yoga Level 1-2	Leyla
Wednesday	10:30 AM	11:30 AM	Intermediate Pilates	Jessica
Wednesday	12:00 PM	1:00 PM	Yin Yoga	Yael
Wednesday	5:00 PM	6:00 PM	Relaxation and Yoga for Teens	Cinema
Wednesday	5:30 PM	6:00 PM	Pre-Teen Yoga and Mindfulness	Linda
Wednesday	6:15 PM	7:15 PM	Yoga Level 1-2	Eduardo
Wednesday	7:00 PM	8:00 PM	Yoga Level 1	Linda
Wednesday	7:30 PM	8:30 PM	Yoga Nidra	Gretchen
Thursday	8:30 AM	9:30 AM	Workshop Series: Yoga for Healthy Bones 4 weeks: Jan 14 - Feb 4	Debbie
Thursday	9:00 AM	10:00 AM	Intermediate Pilates	Julie
Thursday	10:30 AM	11:30 AM	Yoga Level 1	Linda
Thursday	10:30 AM	11:30 AM	Yoga Level 1-2	Krista

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Thursday	11:00 AM	12:00 PM	Super Gentle Yoga	Debbie
Thursday	12:30 PM	1:30 PM	Yin Yoga	Rob
Thursday	5:30 PM	6:30 PM	Prenatal Yoga	Elizabeth
Thursday	5:30 PM	6:30 PM	Yoga Level 1-2	Philip
Thursday	6:00 PM	7:15 PM	Iyengar Yoga Level 1-2	Sonia
Thursday	7:00 PM	8:00 PM	Yoga for Men	Wes
Thursday	7:45 PM	8:45 PM	Yoga and Mindfulness for Moms	Elizabeth
Friday	7:30 AM	8:30 AM	Yoga Level 1-2	Rob
Friday	9:00 AM	10:00 AM	Total Body Fitness	Krista
Friday	10:15 AM	11:15 AM	Yoga Level 1	Linda <i>Alex returns 2/5</i>
Friday	10:15 AM	11:15 AM	Flow Level 1-2	Krista
Friday	10:30 AM	11:30 AM	Gentle Yoga	Gretchen
Friday	12:00 PM	1:00 PM	Flow Level 2-3	Alice
Friday	4:30 PM	5:00 PM	Kids Yoga and Mindfulness	Linda
Friday	5:00 PM	6:00 PM	Heart and Mind Meditation	Cinema
Saturday	8:00 AM	9:15 AM	Yoga Level 1-2 and Meditation	Mercedes
Saturday	9:00 AM	10:00 AM	Strength and Cardio	Delores
Saturday	9:30 AM	10:30 AM	Yoga Level 1	Mercedes
Saturday	10:00 AM	11:00 AM	Family Yoga	Linda
Saturday	10:30 AM	11:30 AM	Flow Level 2	Wendy
Saturday	10:45 AM	11:45 AM	Gentle Yoga	Anne T. <i>Alex returns 2/6</i>
Saturday	11:00 AM	12:00 PM	Supportive Yoga for Larger Bodies	Michelle B.
Sunday	9:00 AM	10:00 AM	Yoga Level 1-2	Rob
Sunday	9:00 AM	10:00 AM	Basic Pilates	Julie
Sunday	9:45 AM	10:45 AM	Yoga Level 1	Sonia
Sunday	10:15 AM	11:15 AM	Yoga Level 2	Rob
Sunday	11:30 AM	12:30 PM	Gentle Yoga	Susan
Sunday	12:00 PM	1:00 AM	Yoga for Women with Cancer Experience	Rotating
Sunday	4:00 PM	5:00 AM	Prenatal Yoga	Meg
Sunday	5:00 PM	6:00 AM	Sunday Community Class	Rotating
Sunday	5:15 PM	6:15 AM	Pilates Total Fitness	Annette
Sunday	5:30 PM	6:30 PM	Yoga for a Healthy Back	Bonnie
Sunday	6:30 PM	7:30 PM	Workshop Series: Bhandas 101 4 weeks: Jan 31 - Feb 21	Eduardo