

## Circle Yoga Summer Session 2021 (Jun 28 - Aug 22)

Day	Start	End	Class	Teacher	Hybrid*
<b>Monday</b>					
	9:00 AM	10:00 AM	Yoga Level 1-2	Krista	
	<b>9:00 AM</b>	<b>10:00 AM</b>	<b>Yoga Level 1</b>	<b>Debbie</b>	<b>hybrid</b>
	10:30 AM	11:30 AM	Gentle Yoga	Anne K.	
	<b>10:30 AM</b>	<b>11:30 AM</b>	<b>Yoga Level 2</b>	<b>Rachel</b>	<b>hybrid</b>
	11:30 AM	12:30 PM	Pilates Total Fitness	Delores	
	12:00 PM	1:00 PM	Yoga Level 1	Linda	
	6:15 PM	7:15 PM	Yoga Level 2	Eduardo	
	7:00 PM	8:00 PM	Yoga Level 1	Linda	
<b>Tuesday</b>					
	8:30 AM	9:30 AM	Yoga Level 1	Bonnie	
	9:30 AM	10:30 AM	Yoga Level 1-2	Philip	
	10:00 AM	11:00 AM	Gentle Yoga	Mercedes	
	10:15 AM	11:15 AM	Super Gentle Yoga	Gretchen	
	12:00 PM	1:00 PM	Total Body Fitness	Krista	
	<b>5:15 PM</b>	<b>6:15 PM</b>	<b>Gentle Yoga</b>	<b>Alex</b>	<b>hybrid</b>
	<b>6:45 PM</b>	<b>7:45 PM</b>	<b>Stretch, Strengthen and Align</b>	<b>Alex</b>	<b>hybrid</b>
<b>Wednesday</b>					
	7:30 AM	8:30 AM	Total Body Bootcamp	Bretton	
	<b>9:00 AM</b>	<b>10:00 AM</b>	<b>Yoga Level 1</b>	<b>Rachel</b>	<b>hybrid</b>
	9:15 AM	10:15 AM	Basic Pilates	Jessica	
	10:30 AM	11:30 AM	Intermediate Pilates	Jessica	
	<b>10:30 AM</b>	<b>11:30 AM</b>	<b>Yoga Level 1-2</b>	<b>Leyla</b>	<b>hybrid</b>
	<b>12:00 PM</b>	<b>1:00 PM</b>	<b>Yin Yoga</b>	<b>Yael</b>	<b>hybrid</b>
	6:15 PM	7:15 PM	Yoga Level 1-2	TBD	
	7:00 PM	8:00 PM	Yoga Level 1	Linda	
	7:30 PM	8:30 PM	Yoga Nidra	Gretchen	
<b>Thursday</b>					
	<b>9:00 AM</b>	<b>10:00 AM</b>	<b>Intermediate Pilates</b>	<b>Julie</b>	<b>hybrid</b>
	10:00 AM	11:00 AM	Gentle Yoga	Gretchen	
	10:30 AM	11:30 AM	Yoga Level 1	Linda	
	<b>10:30 AM</b>	<b>11:30 AM</b>	<b>Flow Level 2</b>	<b>Jen</b>	<b>hybrid</b>
	11:00 AM	12:00 PM	Super Gentle Yoga	Debbie	
	12:30 PM	1:30 PM	Yin Yoga	Rob	
	7:00 PM	8:00 PM	Yoga Level 1-2	Anjali	
	7:00 PM	8:00 PM	Yoga for Men	Wes	

## Friday

7:30 AM	8:00 AM	Yoga Level 1-2	Rob	
<b>9:00 AM</b>	<b>10:00 AM</b>	<b>Total Body Fitness</b>	<b>Krista</b>	<b>hybrid</b>
<b>10:30 AM</b>	<b>11:30 AM</b>	<b>Yoga Level 1-2</b>	<b>Krista</b>	<b>hybrid</b>
12:00 PM	1:00 PM	Flow Level 2-3	Alice	
<b>12:00 PM</b>	<b>1:00 PM</b>	<b>Yoga Level 1</b>	<b>Alex</b>	<b>hybrid</b>
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	
9:30 AM	10:30 AM	Yoga Level 1	Mercedes	
<b>10:00 AM</b>	<b>11:00 AM</b>	<b>Flow Level 2</b>	<b>Wendy</b>	<b>hybrid</b>
10:45 AM	11:45 AM	Gentle Yoga	Alex	
<b>11:30 AM</b>	<b>12:30 PM</b>	<b>Supportive Yoga for Larger Bodies</b>	<b>Michelle</b>	<b>hybrid</b>

## Sunday

9:00 AM	10:00 AM	Yoga Level 1-2	Rob	
<b>9:00 AM</b>	<b>10:00 AM</b>	<b>Basic Pilates</b>	<b>Julie</b>	<b>hybrid</b>
9:45 AM	10:45 AM	Yoga Level 1	Sonia	
10:15 AM	11:15 AM	Yoga Level 2	Rob	
<b>10:30 AM</b>	<b>11:30 AM</b>	<b>Prenatal Yoga</b>	<b>Stephanie</b>	<b>hybrid</b>
12:00 PM	1:00 PM	Yoga for Women with Cancer Experience	Antoinette / Bonnie	
5:30 PM	6:30 PM	Yoga for a Healthy Back	Bonnie	

*Hybrid classes will be held in-studio to accommodate up to 6 students in person, and they will be livestreamed simultaneously for students joining virtually.*