



Spring Session

March 27 – June 25, 2023

New to the studio?

Try any 3 classes for only \$33

Join us at any point during Spring Session.

Registration fees are prorated each week.

Enjoy unlimited access to our video library.

Students registered for 2+ classes a week have access to hundreds of recorded classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Yoga Level 1 9:00-10:00 am (Debbie)</p> <p>Yoga Level 1-2 9:00-10:00 am (Krista)</p> <p>Yoga for Balance and Stability 10:15-11:15 am (Annette)</p> <p>Flow Level 2 10:30-11:45 am (Wendy)</p> <p>Pilates Total Fitness 11:30am-12:30 pm (Annette)</p> <p>Yoga Level 1 12:00-1:00 pm (Linda)</p> <p>Yoga and Mei Padam 6:15-7:15 pm (Eduardo)</p> <p>Mindfulness Meditation* 7:00-8:00 pm (OHMC)</p> <p>Flow Level 2 7:00-8:00 pm (Jen)</p> <p>Yoga Level 1 7:15-8:15 pm (Linda)</p>	<p>Yoga Level 1 9:00-10:00 am (Tamar)</p> <p>Yoga Level 1-2 9:15-10:15 am (Phil)</p> <p>Flow Level 2 9:30-10:30 am (Alice)</p> <p>Gentle Yoga 10:00-11:15 am (Mercedes)</p> <p>Strength and Conditioning 10:30-11:30 am (Krista)</p> <p>Yoga from the Inside Out 10:30-11:45 am (Kellie)</p> <p>Gentle Yoga 5:00-6:00 pm (Alex)</p> <p>Stretch, Strengthen and Align 6:15-7:15 pm (Alex)</p>	<p>Mindfulness Meditation* 7:00-8:00 am (OHMC)</p> <p>Yoga Level 1 9:00-10:00 am (Rachel)</p> <p>Yoga Level 1-2 9:00-10:15 am (Leyla)</p> <p>Flow Level 2 10:30-11:30 am (Rachel)</p> <p>Gentle Yoga 10:30-11:30 am (Leyla)</p> <p>Pre-Teen Yoga and Mindfulness (ages 8-12) 5:00-5:45 pm (Linda)</p> <p>Relaxation and Yoga for Teens Wed, 5:00-6:00 pm (Cinema) <i>In person only</i></p> <p>Yin Yoga 6:30-7:30 pm (Yael)</p> <p>Yoga Level 1 7:00-8:00 pm (Linda)</p>	<p>Yoga and Functional Movement 7:30-8:30 am (Phil)</p> <p>Intermediate Pilates 9:00-10:00 am (Julie B.)</p> <p>Flow Level 2 10:00-11:00 am (Steve)</p> <p>Yoga Level 1 10:30-11:30 am (Linda)</p> <p>Gentle Yoga 12:00-1:00 pm (Linda)</p> <p>Yin Yoga 12:00-1:00 pm (Rob)</p> <p>Strength and Conditioning 6:00-7:00 pm (Bretton)</p> <p>Yoga Level 1-2 6:15-7:15 pm (Julie H.)</p> <p>Prenatal and Postnatal Yoga 6:30-7:30 pm (Stephanie)</p> <p>Yoga Nidra 7:30-8:30 pm (Matthew)</p>	<p>Yoga Level 1-2 7:30-8:30 am (Rachel)</p> <p>Strength and Conditioning 9:00-10:00 am (Krista)</p> <p>Yoga Level 1 9:00-10:00 am (Alex)</p> <p>Flow Level 2 10:30-11:45 am (Alice)</p> <p>Flow Level 2-3 11:30 am-12:30 pm (Jen)</p> <p>Baby and Me Yoga 12:00-1:00 pm (Elizabeth)</p> <p>Mindfulness Meditation* 12:00-1:00 pm (OHMC)</p> <p>Yoga for a Healthy Back 1:00-2:00pm (Kathy)</p> <p>Kids Yoga and Mindfulness (ages 5-8) 4:30-5:15 pm (Linda)</p>	<p>Strength and Conditioning 8:30-9:30 am (Isabel)</p> <p>Yoga Level 1-2 8:30-9:45 am (Anjali)</p> <p>Yoga Level 1 9:00-10:15 am (Mercedes)</p> <p>Yoga Level 1 9:15-10:15 am (Delores)</p> <p>Flow Level 2 10:00-11:15 am (Wendy)</p> <p>Family Yoga (ages 5+ w/adult) 10:15-11:00 am (Tamar)</p> <p>Supportive Yoga for Larger Bodies 11:00 am-12:00 pm (Michelle)</p> <p>Family Yoga (ages 2-4 w/adult) 11:15-12:00 pm (Tamar)</p>	<p>Basic Pilates 9:00-10:00 am (Julie B.)</p> <p>Wake Up Yin 9:30-10:30 am (Matthew)</p> <p>Yoga Level 1-2 10:00-11:00 am (Rob)</p> <p>Flow Level 2 10:15-11:30 am (Rebecca)</p> <p>Iyengar Yoga All Levels 10:15-11:30 am (Sonia)</p> <p>Prenatal and Postnatal Yoga 10:30-11:45 am (Stephanie)</p> <p>Gentle Yoga 11:00-12:00 pm (Camille)</p> <p>Pilates Total Fitness 5:15-6:15 pm (Annette)</p> <p>Yoga for a Healthy Back 5:30-6:30 pm (Anne D.)</p>

Most classes are hybrid, offered both in-studio and via Zoom. Classes marked with a V are virtual-only. Those marked with an O are offered through Opening Heart Mindfulness Community —visit www.openingheartmindfulness.org.

www.circleyoga.com • 202-686-1104 • 3838 Northampton St. NW, Washington, DC 20015

