



Winter Session

Jan 2 – Mar 31, 2024

Join us at any point during Winter 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.

See the most up-to-date schedule at cercleyoga.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Level 1 9:00–10:00 am (Debbie)	Yoga Level 1–2 7:30–8:30 am (Joey)	Mindfulness Meditation 7:00–8:00 am (OHMC)	Yoga and Functional Movement 7:30–8:30 am (Phil)	Yoga Level 1–2 7:30–8:30 am (Rachel)	Yoga Level 1–2 8:30–9:45 am (Anjali)	Yoga Level 1 8:45–9:45 am (Angelique)
Yoga Level 1–2 9:00–10:00 am (Krista)	Yoga Level 1 9:00–10:00 am (Tamar)	Yoga Level 1 9:00–10:00 am (Rachel)	Intermediate Pilates 9:00–10:00 am (Julie)	Strength and Conditioning 9:00–10:00 am (Krista)	Yoga Level 1 9:00–10:00 am (Delores)	Basic Pilates 9:00–10:00 am (Julie)
Yoga for Balance and Stability 10:15–11:15 am (Anna)	Yoga and Functional Movement 9:30–10:30 am (Phil)	Yoga Level 1–2 9:00–10:15 am (Leyla)	Yoga and Functional Movement 9:30–10:30 am (Phil)	Yoga Level 1 9:00–10:00 am (Alex)	Yoga Level 1 9:00–10:15 am (Mercedes)	Yin Yoga 10:00–11:00 am (Angelique)
Flow Level 2 10:30–11:30 am (Joey)	Gentle Yoga 10:00–11:15 am (Mercedes)	Flow Level 2 10:30–11:30 am (Rachel)	Yoga Level 1 10:30–11:30 am (Linda)	Flow Level 2 10:30–11:45 am (Alice)	Strength and Conditioning 9:30–10:30 am (Isabel)	Prenatal Yoga 10:15–11:15 am (Stephanie)
Pilates Total Fitness 11:30am–12:30 pm (Anna)	Flow Level 2 10:00–11:00 am (Alice)	Gentle Yoga 10:30–11:30 am (Leyla)	Yoga for Balance and Stability 12:00–1:00 pm (Delores)	Flow Level 2–3 11:30 am–12:30 pm (Jen)	Family Yoga (Ages 5–10) 10:15–11:00 am (Tamar)	Iyengar Yoga All Levels 10:15–11:30 am (Sonia)
Yoga Level 1 12:00–1:00 pm (Linda)	Strength and Conditioning 10:30–11:30 am (Krista)	Strength and Conditioning 12:15–1:15 pm (Jessica)	Yin Yoga 12:00–1:00 pm (Rob)	Baby and Me Yoga 12:00–1:00 pm (Elizabeth)	Flow Level 2 10:30–11:45 am (Wendy)	Flow Level 2 10:30–11:45 am (Rebecca)
Mindfulness Meditation 7:00–8:30 pm (OHMC)	Gentle Yoga 5:00–6:00 pm (Alex)	Pre-Teen Yoga and Mindfulness (Ages 8–12) 5:00–5:45 pm (Linda)	Strength and Conditioning 6:00–7:00 pm (Bretton)	Mindfulness Meditation 12:00–1:00 pm (OHMC)	Supportive Yoga for Larger Bodies 11:00 am–12:00 pm (Michelle)	Yoga Level 1–2 11:00 am–12:00 pm (Rob)
Flow Level 2 7:00–8:00 pm (Jen)	Prenatal Yoga 6:15–7:15 pm (Tamar)	Relaxation and Yoga for Teens 5:00–6:00 pm (Cinema)	Yoga Level 1 6:00–7:00 pm (Tamara)	Free Community Class 4:30–5:15 pm (CYTT Grads)	Family Yoga (Ages 2–4) 11:15 am–12:00 pm (Tamar)	Gentle Yoga 11:30–12:30 pm (Camille)
Yoga Level 1 7:15–8:15 pm (Linda)	Stretch, Strengthen and Align 6:15–7:15 pm (Alex)	Yin Yoga 6:30–7:30 pm (Yael)	Prenatal Yoga 6:30–7:30 pm (Stephanie)	Kids Yoga and Mindfulness (ages 5–10) 4:30–5:15 pm (Linda)	Yoga for a Healthy Back 5:00–6:00 pm (Bonnie)	Pilates Total Fitness 5:15–6:15 pm (Anna)
	Restorative Yoga 6:30–7:30 pm (Eloise)	Yoga Level 1 7:00–8:00 pm (Linda)	Flow Level 2 7:30–8:30 pm (Wendy)			Flow Level 1–2 5:30–6:30 pm (Kerensa)
			Yoga Nidra 7:30–8:30 pm (Angelique)			

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

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neighborhood yoga and
mindfulness studio



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or virtually!



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New to
Circle Yoga?
Try any 3 classes
for only \$33!