



# Spring Session

April 1 - June 23

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.

See the most up-to-date schedule at [circleyoga.com](http://circleyoga.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>V</b> Yoga Level 2 6:30-7:30 am (Kellie)</p> <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 (Anna)</p> <p>Flow Level 2 10:30-11:30 am (Stephanie P.)</p> <p>Pilates Total Fitness 11:30am-12:30 pm (Anna)</p> <p>Yoga Level 1 12:00-1:00 pm (Linda)</p> <p>Accessible Yoga 4:00-5:00 pm (Angelique)</p> <p><b>O</b> Mindfulness Meditation 6:00-8:00 pm (OHMC)</p> <p>Flow Level 2 6:30-7:30 pm (Jen)</p> <p>Yoga Level 1 7:00-8:00 pm (Linda)</p>	<p>Flow Level 2 7:30-8:30 am (Elina)</p> <p>Yoga Level 1 9:00-10:00 am (Tamar)</p> <p><b>V</b> Yoga and Functional Movement 9:30-10:30 am (Phil)</p> <p>Flow Level 2 10:00-11:00 am (Alice)</p> <p><b>V</b> Gentle Yoga 10:00-11:15 am (Mercedes)</p> <p>Strength and Conditioning 12:00-1:00 pm (Krista)</p> <p>Gentle Yoga 5:00-6:00 pm (Alex)</p> <p>Prenatal Yoga 6:00-7:00 pm (Tamar)</p> <p>Stretch, Strengthen and Align 6:15-7:15 pm (Alex)</p> <p>Restorative Yoga 6:30-7:30 pm (Eloise)</p> <p>Flow Level 2 7:30-8:30 pm (Stephanie M.)</p>	<p><b>O</b> 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>Strength and Conditioning 12:15-1:15 pm (Jessica)</p> <p>Basic Pilates 4:30-5:30 pm (Delores)</p> <p>Pre-Teen Yoga and Mindfulness (Ages 8-12) 5:00-5:45 pm (Linda)</p> <p><b>IP</b> Relaxation and Yoga for Teens 5:00-6:00 pm (Cinema)</p> <p>Yin Yoga 6:30-7:30 pm (Yael)</p> <p>Yoga Level 1 7:00-8:00 pm (Linda)</p>	<p><b>V</b> Yoga and Functional Movement 7:30-8:30 am (Phil)</p> <p>Intermediate Pilates 9:00-10:00 am (Julie)</p> <p>Gentle Yoga for Strength 9:30-10:30 am (Phil)</p> <p>Yoga Level 1 10:30-11:30 am (Linda)</p> <p>Yoga for Balance and Stability 12:00-1:00 pm (Delores)</p> <p><b>V</b> Yin Yoga 12:00-1:00 pm (Rob)</p> <p>Yoga Level 1-2 5:30-6:30 pm (Sumana)</p> <p>Strength and Conditioning 6:00-7:00 pm (Bretton)</p> <p>Prenatal Yoga 6:30-7:30 pm (Stephanie)</p> <p>Flow Level 2 7:00-8:00 pm (Wendy)</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><b>O</b> Mindfulness Meditation 12:00-1:00 pm (OHMC)</p> <p><b>IP</b> Free Community Class 4:30-5:15 pm (CYTT Grads)</p> <p>Kids Yoga and Mindfulness (ages 5-10) 4:30-5:15 pm (Linda)</p>	<p>Flow Level 2 7:00-8:00 am (Kerensa)</p> <p>Yoga Level 1-2 8:30-9:45 am (Anjali)</p> <p>Yoga Level 1 9:00-10:00 am (Delores)</p> <p><b>V</b> Yoga Level 1 9:00-10:15 am (Mercedes)</p> <p>Family Yoga (Ages 5-10) 10:15-11:00 am (Tamar)</p> <p>Flow Level 2 10:30-11:45 am (Wendy)</p> <p>Supportive Yoga for Larger Bodies 11:00 am-12:00 pm (Michelle)</p> <p>Family Yoga (Ages 2-4) 11:15 am-12:00 pm (Tamar)</p>	<p>Yoga Level 1 8:45-9:45 am (Angelique)</p> <p>Basic Pilates 9:00-10:00 am (Julie)</p> <p>Yin Yoga 10:00-11:00 am (Angelique)</p> <p>Prenatal Yoga 10:15-11:15 am (Stephanie)</p> <p><b>V</b> Iyengar Yoga All Levels 10:15-11:30 am (Sonia)</p> <p>Flow Level 2 10:30-11:45 am (Rebecca)</p> <p><b>V</b> Yoga Level 1-2 11:00 am-12:00 pm (Rob)</p> <p>Gentle Yoga 11:30 am-12:30 pm (Camille)</p> <p>Yoga for a Healthy Back 5:00-6:00 pm (Bonnie)</p> <p><b>V</b> Pilates Total Fitness 5:15-6:15 pm (Anna)</p> <p>Sunday Slowdown 6:00-7:00 pm (Matthew)</p>

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](http://www.openingheartmindfulness.org)