



# Fall Session A

September 3 - October 27, 2024

Join us at any point during Fall Session A.  
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>Qigong</b> 8:30-9:30 am (Leyla)</p> <p><b>Yoga Level 1-2</b> 8:45-9:45 am (Krista)</p> <p><b>Yoga Level 1</b> 9:00-10:00 am (Debbie)</p> <p><b>Yoga for Balance and Stability</b> 10:15-11:15 am (Anna)</p> <p><b>Flow Level 2</b> 10:30-11:30 am (Stephanie P.)</p> <p><b>Pilates Total Fitness</b> 11:30 am-12:30 pm (Anna)</p> <p><b>Yoga Level 1</b> 12:00-1:00 pm (Linda)</p> <p><b>Accessible Yoga</b> 4:00-5:00 pm (Angelique)</p> <p><b>Flow Level 2</b> 6:30-7:30 pm (Jen)</p> <p><b>Yoga Level 1</b> 7:00-8:00 pm (Linda)</p> <p><b>Mindfulness Meditation</b> 7:00-8:30 pm (OHMC)</p>	<p><b>Yoga and Functional Movement</b> 9:30-10:30 am (Phil)</p> <p><b>Flow Level 2</b> 10:00-11:00 am (Alice)</p> <p><b>Gentle Yoga</b> 10:00-11:15 am (Mercedes)</p> <p><b>Yoga Level 1-2</b> 10:30-11:45 am (Anne K.)</p> <p><b>Strength and Conditioning</b> 12:00-1:00 pm (Krista)</p> <p><b>Gentle Yoga</b> 5:00-6:00 pm (Alex)</p> <p><b>Prenatal Yoga</b> 6:00-7:00 pm (Tamar)</p> <p><b>Stretch, Strengthen and Align</b> 6:15-7:15 pm (Alex)</p> <p><b>Flow Level 1-2</b> 7:00-8:00 pm (Stephanie M.)</p>	<p><b>Mindfulness Meditation</b> 7:00-8:00 am (OHMC)</p> <p><b>Flow Level 2</b> 7:30-8:30 am (Elina)</p> <p><b>Yoga Level 1</b> 8:30-9:30 am (Rachel)</p> <p><b>Yoga Level 1-2</b> 9:00-10:15 am (Leyla)</p> <p><b>Flow Level 2</b> 10:00-11:00 am (Rachel)</p> <p><b>Gentle Yoga</b> 10:30-11:30 am (Leyla)</p> <p><b>Pre-Teen Yoga and Mindfulness (Ages 8-12)</b> 5:00-5:45 pm (Linda)</p> <p><b>Yin Yoga</b> 6:00-7:00 pm (Yael)</p> <p><b>Yoga Level 1</b> 7:00-8:00 pm (Linda)</p>	<p><b>Yoga and Functional Movement</b> 7:30-8:30 am (Phil)</p> <p><b>Pilates Level 1-2</b> 9:00-10:00 am (Julie)</p> <p><b>Gentle Yoga for Strength</b> 9:30-10:30 am (Phil)</p> <p><b>Yoga Level 1</b> 10:30-11:30 am (Linda)</p> <p><b>Yin Yoga</b> 11:30 am-12:30 pm (Rob)</p> <p><b>Yoga for Balance and Stability</b> 12:00-1:00 pm (Delores/Eileen)</p> <p><b>Yoga Level 1-2</b> 12:00-1:00 pm (Wendy)</p> <p><b>Strength and Conditioning</b> 5:30-6:30 pm (Bretton)</p> <p><b>Yoga Level 1-2</b> 6:00-7:00 pm (Sumana)</p> <p><b>Prenatal Yoga</b> 6:30-7:30 pm (Stephanie P.)</p> <p><b>Flow Level 2</b> 7:00-8:00 pm (Rebecca)</p>	<p><b>Yoga Level 1-2</b> 7:30-8:30 am (Rachel)</p> <p><b>Strength and Conditioning</b> 8:45-9:45 am (Krista)</p> <p><b>Yoga Level 1</b> 9:00-10:00 am (Alex)</p> <p><b>Flow Level 2</b> 10:15-11:30 am (Alice)</p> <p><b>Baby and Me Yoga</b> 12:00-1:00 pm (Elizabeth)</p> <p><b>Mindfulness Meditation</b> 12:00-1:00 pm (OHMC)</p> <p><b>Flow Level 2-3</b> 12:15-1:15 pm (Jen)</p> <p><b>Free Community Class</b> 4:30-5:15 pm (CYTT Grads)</p> <p><b>Kids Yoga and Mindfulness (ages 5-10)</b> 4:30-5:15 pm (Linda)</p> <p><b>Restorative Yoga with Sound Bowls</b> 6:00-7:00 pm (Eloise)</p>	<p><b>Flow Level 2</b> 7:00-8:00 am (Kerensa)</p> <p><b>Yoga Level 1-2</b> 8:30-9:45 am (Anjali)</p> <p><b>Yoga Level 1</b> 9:00-10:00 am (Eileen)</p> <p><b>Yoga Level 1</b> 9:00-10:15 am (Mercedes)</p> <p><b>Family Yoga (Ages 5-10)</b> 10:15-11:00 am (Tamar)</p> <p><b>Flow Level 2</b> 10:30-11:45 am (Wendy)</p> <p><b>Supportive Yoga for Larger Bodies</b> 11:00 am-12:00 pm (Michelle)</p> <p><b>Family Yoga (Ages 2-4)</b> 11:15 am-12:00 pm (Tamar)</p>	<p><b>Pilates Level 1</b> 9:00-10:00 am (Julie)</p> <p><b>Yoga Level 1</b> 9:15-10:15 am (Angelique)</p> <p><b>Prenatal Yoga</b> 10:15-11:15 am (Stephanie P.)</p> <p><b>Flow Level 2</b> 10:30-11:45 am (Rebecca)</p> <p><b>Yin Yoga</b> 10:30-11:30 am (Angelique)</p> <p><b>Yoga Level 1-2</b> 11:00 am-12:00 pm (Rob)</p> <p><b>Gentle Yoga</b> 11:30 am-12:30 pm (Camille)</p> <p><b>Yoga for a Healthy Back</b> 5:00-6:00 pm (Bonnie)</p> <p><b>Pilates Total Fitness</b> 5:15-6:15 pm (Anna)</p> <p><b>Sunday Slowdown</b> 6:00-7:15 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. Check the calendar at [www.openingheartmindfulness.org](http://www.openingheartmindfulness.org) for in-person vs. virtual sangha dates.