



Fall Session B

October 28 - December 22, 2024

Join us at any point during Fall Session B.
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

Monday

- Qigong**
8:30-9:30 am
(Leyla)
- Yoga Level 1-2**
8:45-9:45 am
(Krista)
- Yoga Level 1**
9:00-10:00 am
(Debbie)
- Yoga for Balance and Stability**
10:15-11:15 am
(Anna)
- Flow Level 2**
10:30-11:30 am
(Stephanie P.)
- Pilates Total Fitness**
11:30 am-12:30 pm
(Anna)
- Yoga Level 1**
12:00-1:00 pm
(Linda)
- Gentle and Accessible Yoga**
4:00-5:00 pm
(Angelique)
- Flow Level 2**
6:30-7:30 pm
(Jen)
- Yoga Level 1**
7:00-8:00 pm
(Linda)
- Mindfulness Meditation**
7:00-8:30 pm
(OHMC)

Tuesday

- Yoga and Functional Movement**
9:30-10:30 am
(Phil)
- Flow Level 2**
10:00-11:00 am
(Alice)
- Gentle Yoga**
10:00-11:15 am
(Mercedes)
- Yoga Level 1-2**
10:30-11:45 am
(Anne K.)
- Strength and Conditioning**
12:00-1:00 pm
(Krista)
- Gentle Yoga**
5:00-6:00 pm
(Alex)
- Prenatal Yoga**
6:00-7:00 pm
(Tamar)
- Stretch, Strengthen and Align**
6:15-7:15 pm
(Alex)
- Flow Level 1-2**
7:00-8:00 pm
(Stephanie M.)

Wednesday

- Mindfulness Meditation**
7:00-8:00 am
(OHMC)
- Flow Level 2**
7:30-8:30 am
(Elina)
- Yoga Level 1**
8:30-9:30 am
(Rachel)
- Yoga Level 1-2**
9:00-10:15 am
(Leyla)
- Flow Level 2**
10:00-11:00 am
(Rachel)
- Gentle Yoga**
10:30-11:30 am
(Leyla)
- Pre-Teen Yoga and Mindfulness (Ages 8-12)**
5:00-5:45 pm
(Linda)
- Yin Yoga**
6:00-7:00 pm
(Yael)
- Yoga Level 1**
7:00-8:00 pm
(Linda)

Thursday

- Yoga and Functional Movement**
7:30-8:30 am
(Phil)
- Pilates Level 1-2**
9:00-10:00 am
(Julie)
- Gentle Yoga for Strength**
9:30-10:30 am
(Phil)
- Yoga Level 1**
10:30-11:30 am
(Linda)
- Yin Yoga**
11:30 am-12:30 pm
(Rob)
- Yoga for Balance and Stability**
12:00-1:00 pm
(Delores/Eileen)
- Yoga Level 1-2**
12:00-1:00 pm
(Wendy)
- Strength and Conditioning**
5:30-6:30 pm
(Bretton)
- Yoga Level 1-2**
6:00-7:00 pm
(Sumana)
- Prenatal Yoga**
6:30-7:30 pm
(Stephanie P.)
- Flow Level 2**
7:00-8:00 pm
(Rebecca)

Friday

- Yoga Level 1-2**
7:30-8:30 am
(Rachel)
- Strength and Conditioning**
8:45-9:45 am
(Krista)
- Yoga Level 1**
9:00-10:00 am
(Alex)
- Flow Level 2**
10:15-11:30 am
(Alice)
- Gentle Yoga with Weights**
10:30-11:30 am
(Alex)
- Baby and Me Yoga**
12:00-1:00 pm
(Elizabeth)
- Mindfulness Meditation**
12:00-1:00 pm
(OHMC)
- Free Community Class**
4:30-5:15 pm
(CYTT Grads)
- Kids Yoga and Mindfulness (ages 5-10)**
4:30-5:15 pm
(Linda)
- Restorative Yoga with Sound Bowls**
6:00-7:00 pm
(Eloise)

Saturday

- Yoga Level 1-2**
8:30-9:45 am
(Anjali)
- Yoga Level 1**
9:00-10:00 am
(Eileen)
- Yoga Level 1**
9:00-10:15 am
(Mercedes)
- Family Yoga (Ages 5-10)**
10:15-11:00 am
(Jeanne)
- Flow Level 2**
10:30-11:45 am
(Wendy)
- Supportive Yoga for Larger Bodies**
11:00 am-12:00 pm
(Michelle)
- Family Yoga (Ages 2-4)**
11:15 am-12:00 pm
(Jeanne)

Sunday

- Pilates Level 1**
9:00-10:00 am
(Julie)
- Yoga Level 1**
9:15-10:15 am
(Angelique)
- Prenatal Yoga**
10:15-11:15 am
(Stephanie P.)
- Flow Level 2**
10:30-11:45 am
(Rebecca)
- Yin Yoga**
10:30-11:30 am
(Angelique)
- Yoga Level 1-2**
11:00 am-12:00 pm
(Rob)
- Gentle Yoga**
11:30 am-12:30 pm
(Camille)
- Yoga for a Healthy Back**
5:00-6:00 pm
(Bonnie)
- Pilates Total Fitness**
5:15-6:15 pm
(Anna)
- Sunday Slowdown**
6:00-7:15 pm
(Matthew)

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 for in-person vs. virtual sangha dates.

A welcoming
neighborhood yoga and
mindfulness studio

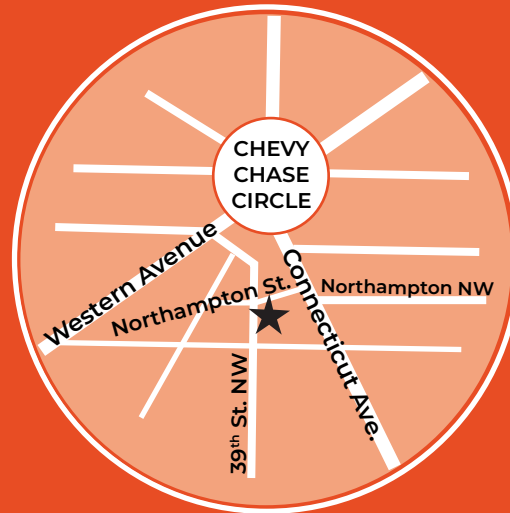


Circle Yoga Cooperative is a warm, welcoming community of students and teachers who come together to practice yoga, mindfulness, Pilates, and other wellness modalities.

Join us and enjoy our light-filled yoga studios, a shop filled with books and props to support your practice, and a contemplative Zen garden outside.



Join us in studio
or virtually!



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Connect with us on social media!

@circleyogadc

CircleYogaCoop



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Try any 3 classes
for only \$33!