



Spring Session

March 31 - June 22, 2025

New to Circle Yoga? Try 3 classes for \$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

- 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 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 2–3**
10:00–11:15 am
(Alice)
- Gentle Yoga**
10:00–11:15 am
(Mercedes)
- Yoga Level 1–2**
10:30–11:45 am
(Anne)
- Strength and Conditioning**
12:00–1:00 pm
(Krista)
- Gentle Yoga**
5:00–6:00 pm
(Alex)
- Sound Bath**
5:45–6:30 pm
(Eloise)
- 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)
- 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)
- Flow Level 2**
12:00–1:00 pm
(Alice)
- 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

- Strength and Conditioning**
7:30–8:30 am
(Bretton)
- Yoga and Functional Movement**
7:30–8:30 am
(Phil)
- Pilates Level 1–2**
9:00–10:00 am
(Julie)
- Gentle Yoga Flow**
9:30–10:30 am
(Phil)
- Yoga Level 1**
10:30–11:30 am
(Linda)
- Yin Yoga**
11:30 am–12:30 pm
(Aida)
- Yoga for Balance and Stability**
12:00–1:00 pm
(Eileen)
- Yoga Level 1–2**
12:00–1:00 pm
(Wendy)
- Yoga Level 1–2**
6:00–7:00 pm
(TBD)
- Prenatal Yoga**
6:30–7:30 pm
(Stephanie P.)
- Flow Level 2**
6:30–7:30 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)
- Flow Level 2–3**
11:30 am–12:30 pm
(Elin)
- Baby and Me Yoga**
12:00–1:00 pm
(Elizabeth)
- Mindfulness Meditation**
12:00–1:00 pm
(OHMC)
- Yoga Level 1–2**
4:30–5:15 pm
(Lisa)
- Kids Yoga and Mindfulness (Ages 5–9)**
4:30–5:15 pm
(Linda)
- Restorative Yoga with Sound Bowls**
6:00–7:00 pm
(Eloise)

Saturday

- Yoga Level 1–2**
8:30–9:30 am
(Anjali)
- Yoga Level 1**
9:00–10:00 am
(Eileen)
- Yoga Level 1**
9:00–10:15 am
(Mercedes)
- Recharge and Restore Yoga**
9:30–10:45 am
(Johanna O.)
- Family Yoga (Ages 2–4)**
10:00–10:45 am
(Jeanne)
- Flow Level 2**
10:30–11:45 am
(Wendy)
- Family Yoga (Ages 5–9)**
11:00–11:45 am
(Jeanne)
- Supportive Yoga for Larger Bodies**
11:15 am–12:15 pm
(Angelique)

Sunday

- Yoga Level 1–2**
8:45–10:00 am
(Johanna D.)
- 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)
- Iyengar All Levels**
11:00 am–12:00 pm
(Sonia)
- Gentle Yoga**
11:30 am–12:30 pm
(Camille)
- Yoga for a Healthy Back**
5:00–6:00 pm
(Heidi)
- Pilates Total Fitness**
5:15–6:15 pm
(Anna)
- Sunday Slowdown**
6:30–7:45 pm
4/6–4/13, 5/25–6/22
(Elise)

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

Classes marked with a **V** are virtual-only. All other classes are **hybrid**, offered both in-studio and via Zoom. Mindfulness Meditation sangha, marked with an **O**, is offered through the Opening Heart Mindfulness Community. Check the calendar at www.openingheartmindfulness.org for in-person vs. virtual sangha dates.