



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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)	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.)	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)	Strength and Conditioning 7:00-8:00 am (Bretton) Yoga and Functional Movement 7:00-8:00 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) Prenatal Yoga 6:30-7:30 pm (Stephanie P.) Flow Level 2 6:30-7:30 pm (Rebecca)	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) Flow Level 2 12:00-1:00 pm (Alice) 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)	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)	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 cercleyoga.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 openingheartmindfulness.org for in-person vs. virtual sangha dates.