



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
7:00-8:00 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)

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)

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)

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 openingheartmindfulness.org for in-person vs. virtual sangha dates.