



Class Schedule

3838 Northampton St NW
Washington, DC 20015
202.686.1104 / circleyoga.com

New to Circle Yoga? Try 5 classes for \$55!

Join us in person or online,

or catch up with the recording after class!

It's easy to **be** here

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Qigong 8:30-9:30 am (Leyla)	Yoga and Functional Movement 9:30-10:30 am (Phil)	Mindfulness Meditation 7:00-8:00 am (OHMC)	Strength and Conditioning 7:00-8:00 am (Bretton)	Yoga Level 1-2 7:30-8:30 am (Rachel)	Yoga Level 1-2 8:30-9:30 am (Anjali)	Yoga Level 1-2 8:45-10:00 am (Johanna D.)
Yoga Level 1-2 8:45-9:45 am (Krista)	Gentle Yoga 10:00-11:15 am (Mercedes)	Yoga Level 1 8:30-9:30 am (Rachel)	Yoga and Functional Movement 7:00-8:00 am (Phil)	Strength and Conditioning 8:45-9:45 am (Krista)	Yoga Level 1 9:00-10:00 am (Eileen)	Pilates Level 1 9:00-10:00 am (Julie)
Yoga Level 1 9:00-10:00 am (Debbie)	Flow Level 2-3 10:15-11:30 am (Alice)	Yoga Level 1-2 9:00-10:15 am (Leyla)	Pilates Level 1-2 9:00-10:00 am (Julie)	Yoga Level 1 9:00-10:00 am (Alex)	Yoga Level 1 9:15-10:30 am (Mercedes)	Yoga Level 1 9:15-10:15 am (Angelique)
Yoga for Balance and Stability 10:15-11:15 am (Anna)	Yoga Level 1-2 10:30-11:45 am (Anne)	Flow Level 2 10:00-11:00 am (Rachel)	Gentle Yoga Flow 9:30-10:30 am (Phil)	Flow Level 2 10:15-11:30 am (Alice)	Slow Flow and Restorative Yoga 9:30-10:45 am (Johanna O.)	Prenatal Yoga 10:15-11:15 am (Stephanie P.)
Flow Level 2 10:30-11:30 am (Stephanie P.)	Strength and Conditioning 12:00-1:00 pm (Krista)	Gentle Yoga 10:30-11:30 am (Leyla)	Flow Level 2 10:00-11:00 am (Aida)	Gentle Yoga with Weights 10:30-11:30 am (Alex)	Flow Level 2 10:00-11:15 am (Wendy)	Flow Level 2 10:30-11:45 am (Rebecca)
Pilates Total Fitness 11:30 am-12:30 pm (Anna)	Yoga and Meditation 12:00-1:15 pm (Bonnie) starts Oct 14	Flow Level 2 12:15-1:15 pm (Alice)	Yoga Level 1 10:30-11:30 am (Linda)	Baby and Me Yoga 12:00-1:00 pm (Elizabeth)	Supportive Yoga for Larger Bodies 11:15 am-12:15 pm (Angelique)	Yin Yoga 10:30-11:30 am (Angelique)
Yoga Level 1 12:00-1:00 pm (Linda)	Strength Foundations 4:30-5:30 pm (Marian) starts Sept 9	Pre-Teen Yoga and Mindfulness ages 8-12 5:00-5:45 pm (Linda)	Yoga for Balance and Stability 12:00-1:00 pm (Eileen)	Mindfulness Meditation 12:00-1:00 pm (OHMC)	Family Yoga ages 2-4 11:30-12:15 pm (Jeanne)	Iyengar All Levels 11:00 am-12:00 pm (Sonia)
Gentle Yoga 4:30-5:30 pm (Angelique)	Gentle Yoga 5:00-6:00 pm (Alex)	Yin Yoga 6:00-7:00 pm (Yael)	Yoga Level 1-2 12:00-1:00 pm (Wendy)	Tai Chi Easy™ Series 12:15-1:15 pm (Robin) Oct 3-24		Gentle Yoga 11:30 am-12:30 pm (Camille)
Flow Level 2 6:30-7:30 pm (Rachel)	Prenatal Yoga 6:00-7:00 pm (Tamar)	Yoga Level 1 7:00-8:00 pm (Linda)	Gentle Yoga 6:15-7:315 pm (Eloise)	Yoga Level 1-2 4:30-5:30 pm (Lisa)		Yoga for a Healthy Back 5:00-6:00 pm (Heidi)
Yoga Level 1 7:00-8:00 pm (Linda)	Yoga Level 1-2 6:00-7:00 pm (Aida)		Prenatal Yoga 6:30-7:30 pm (Stephanie P.)	Kids Yoga and Mindfulness ages 5-9 4:30-5:30 pm (Linda)		Pilates Total Fitness 5:15-6:15 pm (Anna)
Mindfulness Meditation 7:00-8:30 pm (OHMC)	Flow Level 2 7:00-8:00 pm (Stephanie M.)		Flow Level 2 6:30-7:30 pm (Rebecca)	Restorative Yoga with Sound Bowls 6:00-7:00 pm (Eloise)		Yoga Level 1-2 5:45-6:45 pm (Rob)
						Sunday Slowdown Series 6:00-7:00 pm (Matthew) Nov 9-Dec 21

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

Classes marked with a **V** are virtual-only. Classes marked with an **IP** are in-person 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.