



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 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 4:30-5:30 pm (Angelique) Flow Level 2 6:30-7:30 pm (Johanna O.) 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) Gentle Yoga 10:00-11:15 am (Mercedes) Flow Level 2-3 10:15-11:30 am (Alice) Yoga Level 1-2 10:30-11:45 am (Anne) Strength and Conditioning 12:00-1:00 pm (Krista) Yoga and Meditation 12:00-1:15 pm (Bonnie) starts Oct 14 Strength Foundations 4:30-5:30 pm (Marian) Gentle Yoga 5:00-6:00 pm (Alex) Prenatal Yoga 6:00-7:00 pm (Tamar) Yoga Level 1-2 6:00-7:00 pm (Aida) Flow Level 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 12:15-1:15 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) Flow Level 2 10:00-11:00 am (Aida) Yoga Level 1 10:30-11:30 am (Linda) Yoga for Balance and Stability 12:00-1:00 pm (Eileen) Yoga Level 1-2 12:00-1:00 pm (Wendy) Slow Flow and Restorative Yoga 6:15-7:315 pm (Eloise) 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) Mindfulness Meditation 12:00-1:00 pm (OHMC) Tai Chi Easy™ Series 12:15-1:15 pm (Robin) Oct 3-24 Yoga Level 1-2 4:30-5:30 pm (Lisa) Kids Yoga and Mindfulness ages 5-9 4:30-5:30 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 9:15-10:30 am (Mercedes) Slow Flow and Restorative Yoga 9:30-10:45 am (Johanna O.) Flow Level 2 10:00-11:15 am (Wendy) Supportive Yoga for Larger Bodies 11:15 am-12:15 pm (Angelique) Family Yoga ages 2-4 11:30-12:15 pm (Jeanne)	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) 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.

Updated: 9/19/25