



Class Schedule

3838 Northampton St NW
Washington, DC 20015
202.686.1104 | [circle yoga.com](http://cIRCLEYOGA.COM)

Movement · Strength · Mindfulness

In person - Livestream - On-demand

It's easy to **be** here

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**
4:30-5:30 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)

Tuesday

- 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)
- 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.)

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)
- Yoga and Meditation**
12:00-1:15 pm
(Bonnie)
- Flow Level 2**
12:15-1:15 pm
(Alice)
- Yin Yoga**
6:00-7:00 pm
(Yael)
- Yoga Level 1**
7:00-8:00 pm
(Linda)

Thursday

- 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)
- Strength Foundations**
1:15-2:15 pm
(Johanna D.)
- 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)

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)
- Mindfulness Meditation**
12:00-1:00 pm
(OHMC)
- 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)

Saturday

- 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)

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
(Michelle C.)
- 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
(Bonnie)
- Yoga Level 1-2**
4:45-5:45 pm
(Rob)
- Sunday Slowdown Series**
6:30-8:00 pm
(Matthew)
Nov 9-Dec 21



See the most up-to-date schedule at [cicleyoga.com](http://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: 11/13/25