

Circle Yoga Class Schedule

It's easy to **be** here

MON	TUE	WED	THU	FRI	SAT	SUN
Qigong 8:30-9:30 am (Leyla)	Flow Level 1-2 7:30-8:30 am (Debbie B.)	Mindfulness Meditation (O) 7:00-8:00 am	Yoga and Functional Movement (V) 7:00-8:00 am (Phil)	Yoga Level 1-2 7:30-8:30 am (Rachel)	Yoga Level 1-2 8:30-9:30 am (Anjali)	Pilates Level 1 8:45-9:45 am (Julie)
Yoga Level 1-2 8:45-9:45 am (Krista)	Tai Chi Easy™ 9:00-10:00 am (Robin)	Yoga Level 1 8:30-9:30 am (Rachel)	Pilates Level 1-2 9:00-10:00 am (Julie)	Strength Foundations Level 1 8:45-9:45 am (Krista)	Yoga Level 1 9:00-10:00 am (Eileen)	Yoga Level 1-2 8:45-10:00 am (Johanna D.)
Yoga Level 1 9:00-10:00 am (Debbie H.)	Yoga and Functional Movement (V) 9:30-10:30 am (Phil)	Yoga Level 1-2 9:00-10:15 am (Leyla)	Gentle Yoga Flow 9:30-10:30 am (Phil)	Yoga Level 1 9:00-10:00 am (Alex)	Yoga Level 1 (V) 9:15-10:30 am (Mercedes)	Yoga Level 1 9:00-10:00 am (Tara)
Yoga for Balance and Stability 10:15-11:15 am (Anna)	Gentle Yoga (V) 10:00-11:15 am (Mercedes)	Flow Level 2 10:00-11:00 am (Rachel)	Yoga Level 1 10:30-11:30 am (Linda)	Flow Level 2 10:15-11:30 am (Alice)	Slow Flow and Restorative Yoga 9:15-10:30 am (Johanna O.)	Flow Level 2 10:00-11:15 am (Rebecca)
Flow Level 2 10:30-11:30 am (Stephanie P.)	Flow Level 2-3 10:15-11:30 am (Alice)	Gentle Yoga 10:30-11:30 am (Leyla)	Yoga for Balance and Stability 12:00-1:00 pm (Eileen)	Gentle Yoga with Weights 10:30-11:30 am (Alex)	Flow Level 2 10:00-11:15 am (Blerta)	Yin Yoga 10:15-11:15 am (Angelique)
Pilates Total Fitness 11:30 am-12:30 pm (Anna)	Yoga Level 1-2 10:30-11:45 am (Anne)	Flow Level 2 12:15-1:15 pm (Alice)	Yoga Level 1-2 12:00-1:00 pm (Wendy)	Baby and Me Yoga 12:00-1:00 pm (Elizabeth)	Supportive Yoga for Larger Bodies 10:30-11:30 am (Caryn)	Prenatal Yoga 10:30-11:30 am (Michelle C.)
Yoga Level 1 12:00-1:00 pm (Linda)	Strength Foundations Level 1 12:00-1:00 pm (Krista)	Yin Yoga 6:00-7:00 pm (Yael)	Strength Foundations Level 1 1:15-2:15 pm (Johanna D.)	Mindfulness Meditation (O) 12:00-1:00 pm	FREE Community Class 11:00 am-12:00 pm (CYTT Grads)	Iyengar All Levels (V) 11:00 am-12:00 pm (Sonia)
Flow Level 2 6:30-7:30 pm (Johanna O.)	Strength Foundations Level 2 1:15-2:15 pm (Marian)	Pilates Level 1 7:00-8:00 pm (Meghan)	Prenatal and Postnatal Yoga 6:30-7:30 pm (Stephanie P.)	Flow Level 2 (IP) 12:15-1:15 pm (Alice)	Family Yoga (IP) ages 2-4 11:30 am -12:15 pm (Jeanne)	Gentle Yoga 11:30 am-12:30 pm (Camille)
Yoga Level 1 7:00-8:00 pm (Linda)	Gentle Yoga 5:00-6:00 pm (Alex)	Yoga Level 1 7:00-8:00 pm (Linda)	Flow Level 2 6:30-7:30 pm (Rebecca)	Yoga Level 1-2 4:30-5:30 pm (Lisa)	Yoga for Transgender and Nonbinary Individuals 12:45-1:45 pm (Sy)	Yoga and Fascial Release 11:30 am-12:30 pm (Angelique)
Mindfulness Meditation (O) 7:00-8:30 pm	Prenatal Yoga 6:00-7:00 pm (Tamar)	<div style="border: 2px solid red; border-radius: 15px; padding: 10px;"> <p>V = virtual only</p> <p>IP = in-person only</p> <p>O = offered by the Opening Heart Mindfulness Community</p> </div>		Kids Yoga and Mindfulness (IP) ages 5-9 4:30-5:30 pm (Linda)	Restorative Yoga with Sound Bowls 6:00-7:00 pm (Eloise)	Yoga for a Healthy Back 5:00-6:00 pm (Bonnie)
	Yoga Level 1-2 6:00-7:00 pm (Aida)					Sunday Slowdown 6:15-7:30 pm (Matthew)
	Flow Level 2 7:00-8:00 pm (Stephanie M.)					

updated 3/13/26