

Circle Yoga Class Schedule

It's easy to **be** here

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

V = virtual only
IP = in-person only
O = offered by the Opening Heart Mindfulness Community

updated 5/6/26