

Unplug & Be Mindful Yoga~ Energy Center 2024 May Class Schedule

Class Info	fo Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Morning Classes														
Time:			5:30 AM		5:30 AM		5:30 AM		5:30 AM		5:30 AM			
			viiiyasa Flow w/Tara		Vinyasa		Yoga Sculpt		Vinyasa		Vinyasa			
Class:			D.		w/Jen		w/Jen		w/Tara		w/Jen			
Room:			Main Studio		Main Studio		Main Studio		Main Studio		Main Studio			
Time:		7:00 AM	7:00 AM	7:00 AM	7:00 AM		7:00AM		7:00 AM	7:00 AM	7:00AM	7:00AM	7:00 AM	
1111161												Mindfulness		
Class:		Yoga Sculpt w/Jen	Yoga Sculpt w/Tara D.	Hatha Yoga w/Melissa	Yoga Sculpt w/Jen		Yoga Sculpt w/Tara D.		Yoga Sculpt w/Jen	Hatha Yoga w/Melissa	Yoga Sculpt w/Melissa	Meditation w/Angela	Yoga Sculpt w/Jen	
Room:		Main Studio	Main Studio	Meditation Room	Main Studio		Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	
Time:	8:45 AM	8:45 AM	8:45 AM	8:10AM- 8:40AM	8:45 AM		8:45 AM	8:45 AM	8:45 AM		8:45 AM		8:45 AM	8:45 AM
Class:	New Hatha Yoga w/rotatin g teachers	Vinyasa Flow w/Melissa	Vinyasa Flow w/Tricia	Guided Meditation w/Melissa	Vinyasa Flow w/Marcela		Vinyasa Flow w/Susanne	Hatha Yoga w/Melissa	Vinyasa Flow and Meditation w/Melissa		Vinyasa Flow w/Melissa		Vinyasa w/Marcela	Hatha Yoga w/Tara D.
Room:	Meditatio n Room	Main Studio	Main Studio	Meditation Room	Main Studio		Main Studio	Meditation Room	Main Studio		Main Studio		Main Studio	Meditation Room
Time:		10:30 AM	10:30 AM		10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM		10:30 AM	10:30 AM
Class:		Yin Yoga w/Melissa	Hatha Yoga w/Tricia		Hatha Yoga w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	Myofascial Release with the Rollmodel Method® w/ Melissa	Hatha Yoga with Hands on Assists w/Tricia	Yoga Sculpt w/Jen	Stretch & Restorative w/ Tricia		Barre/Pilate s w/Marcela	Yin Yoga w/Robin
Room:		Main Studio	Main Studio		Meditation	Main Studio	Main Studio	Meditation	Meditation	Main Studio	Main Studio		Main Studio	Meditation
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							Afternoon C	asses						
Time:			12:00 PM		12:00 PM						1:00 PM			
Classe			Stretch &		Barre/Pilate						Hatha Yoga			
Class:			Restorative w/Meg H.		s w/Marcela						w/Jen			
Room:			Main Studio		Main Studio						Main Studio			
Time:												±		
Class:														
Room:														

Class Info	Sunday	Sunday Mon		Tues	sday Wedne		esday	Thur	sday	Friday	Saturday
Evening Classes											
Time:	4:30 PM	4:30 PM	4:30 PM	4:30 PM		4:30 PM	4:30 PM	4:30 PM	4:30pm		
Class:	Yoga for Teens and Tweens w/Meg M.	Barre/Pilate s w/Marcela	Gentle Hatha w/Michele	Gentle Hatha w/Kat		Core Conditioning w/Jess	Yin Yoga w/Michele	Barre/Pilate s w/Marcela	Gentle Hatha w/Erin		
Room:	Main Studio	Main Studio	Meditation Room	Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room		
Time: Class:	6:00 PM Flow and Let Go w/Meg M.	6:00 PM Soulful Slow Flow w/Susanne H.		6:00 PM Slow Flow w/Courtney		6:00 PM Hatha and Meditation w/Robin		6:00 PM Slow Flow w/Linda	6:00 PM Yin & Myofascia Release w/Marcela	Special Classes and Workshops	Special Classes and Workshops
Room:	Main Studio	Main Studio		Main Studio		Main Studio		Main Studio	Meditation Room		
Time:			7:15PM Stretch &	7:15 PM Restorative		7:15 PM Flow and Let		7:15 PM Weekly Rotating			
Class:			Restore w/Tara	Yin w/Melissa T.		Go w/Meg M.		Classes /Teachers			
Room:			Main Studio	Main Studio		Main Studio		Main Studio			

Notes

- -Beginners: Gentle Hatha, Fascia Classes, Stretch & Restore and Yin are all great places to start. Namaste
- -Therapeutic Massage, Reiki, Reflexology, Thai and Ayurvedic Appointments can only be scheduled directly by phone or email. Visit our website for Events and Appointments