

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



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:		5:30 AM		5:30 AM		5:30 AM	
Class:		Vinyasa Flow w/Tara D.		Vinyasa w/Jen		Yoga Sculpt w/Jen	
Room:		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
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
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Main Studio	Meditation Room
Time:	8:45 AM	8:45 AM	8:45 AM	8:10AM-8:40AM	8:45 AM	8:45 AM	8:45 AM
Class:	New Hatha Yoga w/rotating 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
Room:	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room
Time:		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
Room:		Main Studio	Main Studio		Meditation Room	Main Studio	Meditation Room
Afternoon Classes							
Time:		12:00 PM		12:00 PM		1:00 PM	
Class:		Stretch & Restorative w/Meg H.		Barre/Pilates w/Marcela		Hatha Yoga w/Jen	
Room:		Main Studio		Main Studio		Main Studio	
Time:							
Class:							
Room:							

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Evening Classes								
Time:	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/Pilates w/Marcela	Gentle Hatha w/Michele	Gentle Hatha w/Kat	Core Conditioning w/Jess	Yin Yoga w/Michele	Barre/Pilates w/Marcela	Gentle Hatha w/Erin
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room
Time:	6:00 PM	6:00 PM		6:00 PM	6:00 PM	6:00 PM	6:00 PM	
Class:	Flow and Let Go w/Meg M.	Soulful Slow Flow w/Susanne H.		Slow Flow w/Courtney	Hatha and Meditation w/Robin	Slow Flow w/Linda	Yin & Myofascia Release w/Marcela	
Room:	Main Studio	Main Studio		Main Studio	Main Studio	Main Studio	Meditation Room	
Time:		7:15PM	7:15 PM	7:15 PM	7:15 PM			
Class:		Stretch & Restore w/Tara	Restorative Yin w/Melissa T.	Flow and Let Go w/Meg M.	Weekly Rotating Classes /Teachers			
Room:		Main Studio	Main Studio	Main Studio	Main Studio			
						Special Classes and Workshops	Special Classes and Workshops	

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