

Unplug & Be Mindful Yoga~ Energy Center

November Class Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	5:45am Vinyasa Flow w/Tara	5:00am Vinyasa Flow w/Jen	5:00am Yoga Sculpt w/Jen	5:45am Vinyasa Flow w/Tara	5:00am Vinyasa Flow w/Jen	
7:00am Yoga Sculpt w/Jen		7:00am Yoga Sculpt w/Jen		7:00am Yoga Sculpt w/Jen		7:00am Yoga Sculpt w/Jen
8:30 Vinyasa Flow w/Melissa	8:45 Vinyasa Flow w/Tricia	8:45 Vinyasa Flow w/Marcela	8:45 Vinyasa Flow w/Melissa	8:45 Vinyasa Flow w/Tricia	8:45 Vinyasa Flow w/Melissa	8:30 Vinyasa Flow w/Marcela
10:15 Yin w/Melissa	10:30 Gentle Hatha w/Tricia	10:30 Gentle Hatha w/Marcela	10:30 Gentle Hatha w/Erin	10:30 Chakra Flow w/Tricia	10:30 Stretch & Restorative w/ Tricia	10:15 Barre/Pilates w/Marcela
	4:30pm Barre/Pilates w/Marcela	4:30 Gentle Hatha w/Kat	4:30 Gentle Hatha w/Linda	4:30pm Barre/Pilates w/Marcela		
6:00pm-7:15 Flow and Let Go w/Bev	6:00pm Vinyasa Flow w/Susanne H.		6:00pm Beginners Yoga w/Amanda	6:00pm Vinyasa Flow w/Marcela		
	7:15pm Stretch & Restore w/Tara		7:30 Vinyasa Flow w/Amanda			

Please do your best signing up for classes in advance by downloading the Unplug & Be Mindful Yoga app or through unplugyoga.com.

Massage, Reiki, Thai and Ayurvedic Body Work appointments can be booked by contacting the individual practitioners.