

Unplug & Be Mindful Yoga~ Energy Center

2023 December Class Schedule



Published Date: 8/1/2023

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/Jen		Yoga Sculpt w/Jen		Vinyasa w/Jen	
Room:		Main Studio		Main Studio		Main Studio	
Time:	7:00 AM	7:00 AM	7:00 AM	7:00AM	7:00 AM	7:00AM	7:00 AM
Class:	Yoga Sculpt w/Jen	Yoga Sculpt w/Tara D.	Yoga Sculpt w/Jen	Yoga Sculpt w/Amy B.	Yoga Sculpt w/Jen	Core Conditioning w/Melissa	Yoga Sculpt w/Jen
Room:	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio
Time:	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM
Class:	Vinyasa w/Melissa	Vinyasa w/Tricia	Vinyasa w/Marcela	Vinyasa w/Susanne	Vinyasa w/Jen	Vinyasa w/Melissa	Vinyasa w/Marcela
Room:	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio
Time:	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	Stretch & Restorative w/Tricia	Hatha Yoga w/Marcela	Gentle Hatha w/Erin	Hatha Yoga w/Tricia	Stretch & Restorative w/Tricia	Barre/Pilates w/Marcela
Room:	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio
Afternoon Classes							
Time:			12:00 PM	12:00 PM		1:00pm	
Class:			Pilates Yoga Fusion w/Marcela	Vinyasa Flow w/Jen		Pilates Yoga Fusion w/Marcela	
Room:			Main Studio	Main Studio		Main Studio	
Time:			3:15pm-4:15pm				
Class:			Yoga for Tweens and Teens w/Meg H				
Room:							

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evening Classes							
Time:	4:30pm-5:30pm	4:30 PM	4:30 PM	4:30 PM	4:30 PM		
Class:	Teen and Young Adult Yoga w/Meg M. (Resumes in January)	Barre/Pilates w/Marcela	New Gentle Hatha w/Michele B.	Core Conditioning w/Melissa	New Restorative Yin w/Michele B.	Barre/Pilates w/Marcela	Gentle Hatha w/Erin
Room:		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room
Time:	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM	6:00 PM	6:00 PM
Class:	Flow and Let Go w/Meg M.	Soulful Slow Flow w/Susanne H.	Yin & Myofascia Release w/Marcela	Vinyasa Flow w/Jess	Yin Yoga & Yoga Nidra w/Robin	Gentle Hatha w/Linda	Yin & Myofascia Release w/Marcela
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Main Studio	Meditation Room
Time:		7:15PM	7:15 PM	7:45 PM	7:15 PM		
Class:		Stretch & Restore w/Tara	Yin Yoga w/Melissa	Vinyasa Flow w/Meg M.	Weekly Rotating Classes /Teachers		
Room:		Main Studio	Main Studio	Meditation Room	Main Studio		

Special Classes and Workshops

Notes:

- Beginners: Gentle Hatha, Mindful Yoga, Mobility/Fascia Lab, 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