

Unplug & Be Mindful Yoga~ Energy Center 2023 June Class Schedule



Published Date: 4/4/2023

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:		5:30 AM		5:00 AM		5:30 AM	
Class:		Mobility Flow w/Melissa		Vinyasa w/Jen		Vinyasa w/Tara	
Room:		Main Studio		Main Studio		Main Studio	
Time:	7:00 AM	7:00 AM			7:00 AM		7:00 AM
Class:	Yoga Sculpt w/Jen	Yoga Sculpt w/Jen			Mindfulness and Meditation 101 w/Angela	Yoga Sculpt w/Jen	Mindfulness and Meditation 101 w/Angela
Room:	Main Studio	Main Studio			Meditation Room	Main Studio	Meditation Room
Time:	8:45 AM	8:45 AM		8:45 AM		8:45 AM	8:45 AM
Class:	Vinyasa w/Melissa	Vinyasa w/Tricia		Vinyasa w/Erika		Vinyasa w/Jen	Vinyasa w/Melissa
Room:	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
Class:	Yin Yoga w/Melissa	Stretch & Restorative w/Tricia		Hatha Yoga w/Marcela	Mobility/Fascia Lab w/Melissa	Hatha for the Chakras w/Tricia	Barre/Pilates w/Marcela
Room:	Main Studio	Main Studio		Main Studio	Meditation Room	Main Studio	Main Studio
Afternoon Classes							
Time:							
Class:							
Room:							
Time:							
Class:							
Room:							

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Evening Classes						
Time:	4:00 PM	4:30 PM		4:30 PM	4:30 PM	4:30pm	
Class:	Hatha/Vinyasa w/Meg M.	Barre/Pilates w/Marcela		Yin Yoga w/Linda	Barre/Pilates w/Marcela	Gentle Hatha w/Erin	
Room:	Main Studio	Main Studio		Main Studio	Main Studio	Meditation Room	
Time:	6:00 PM	6:00 PM	6:00 PM		6:00 PM		
Class:	Flow and Let Go w/Bev	Soulful Slow Flow w/Susanne H.	New Mobility/Fascia Lab w/Marcela		New Vinyasa Flow w/Marcela		Special Classes and Workshops
Room:	Main Studio	Main Studio	Meditation Room		Main Studio		Special Classes and Workshops
Time:		7:15PM	7:15 AM	6:15PM	7:30 PM	7:30 PM	
Class:		Stretch & Restore w/Tara	Yin Yoga w/Robin	Vinyasa Flow w/Jess	Vinyasa Flow w/Meg M.	Evening Flow w/Marcela	
Room:		Main Studio	Main Studio	Main Studio	Meditation Room	Meditation Room	
				7:30 PM			
				New Yoga Nidra w/Melissa			
				Main Studio			

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