

## Unplug & Be Mindful Yoga~ Energy Center 2023 Winter Class Schedule



Published Date: 12/29/2022

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
<b>Morning Classes</b>											
<b>Time:</b>		5:45 AM		5:00 AM	5:00 AM	5:45 AM	5:00 AM				
<b>Class:</b>		<b>Vinyasa w/Tara</b>		<b>Vinyasa w/Jen</b>	<b>Vinyasa w/Jen</b>	<b>Vinyasa w/Tara</b>	<b>Vinyasa w/Jen</b>				
<b>Room:</b>		Main Studio		Main Studio	Main Studio	Main Studio	Main Studio				
<b>Time:</b>	7:00 AM	7:00 AM		7:00 AM		7:00 AM	7:00 AM				
<b>Class:</b>	<b>Yoga Sculpt w/Jen</b>	<b>Yoga Sculpt w/Jen</b>		<b>Yoga Sculpt w/Jen</b>		<b>Yoga Sculpt w/Jen</b>	<b>Yoga Sculpt w/Jen</b>				
<b>Room:</b>	Main Studio	Main Studio		Main Studio		Main Studio	Main Studio				
<b>Time:</b>	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM			
<b>Class:</b>	<b>Vinyasa w/Melissa</b>	<b>Vinyasa w/Tricia</b>	<b>Vinyasa w/Marcela</b>	<b>Vinyasa w/Melissa</b>	<b>Vinyasa w/Jen</b>	<b>Mobility/Fascia Lab w/Erika</b>	<b>Vinyasa w/Melissa</b>	<b>Vinyasa w/Marcela</b>	<b>Hatha Yoga +Meditation w/Angela</b>		
<b>Room:</b>	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room		
<b>Time:</b>	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		
<b>Class:</b>	<b>Yin Yoga w/Melissa</b>	<b>Gentle Hatha w/Tricia</b>	<b>Gentle Hatha w/Marcela</b>	<b>Yin Yoga w/Angela</b>	<b>Gentle Hatha w/Erin</b>	<b>Mobility/Fascia Lab w/Melissa</b>	<b>Chakra Flow w/Tricia</b>	<b>Yin Yoga w/Melissa</b>	<b>Stretch &amp; Restorative w/Tricia</b>	<b>Barre/Pilates w/Marcela</b>	<b>Prenatal Yoga w/Angela</b>
<b>Room:</b>	Main Studio	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room
<b>Afternoon Classes</b>											
<b>Time:</b>	1:00 PM - 1:45 PM	1:00 PM		1:00 PM			1:00 PM				
<b>Class:</b>	<b>Kids Yoga w/Meg H.</b>	<b>Restorative Yoga w/Meg H</b>		<b>Pilates Yoga Fusion w/Marcela</b>			<b>Pilates Yoga Fusion w/Marcela</b>				
<b>Room:</b>	Main Studio	Main Studio		Main Studio			Main Studio				
<b>Time:</b>	2:15 PM - 3:15 PM			3:15 PM							
<b>Class:</b>	Teen Yoga w/Meg H.			<b>Yoga for Tweens/Teens w/Meg H.</b>							
<b>Room:</b>	Main Studio			Main Studio							

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Evening Classes</b>							
<b>Time:</b>	4:00 PM	4:30 PM		4:30 PM	4:30 PM	4:30pm	
<b>Class:</b>	Hatha/Vinyasa w/Meg M.	Barre/Pilates w/Marcela		Gentle Hatha w/Kat	Yin Yoga w/Linda	Barre/Pilates w/Marcela	Gentle Hatha w/Erin
<b>Room:</b>	Main Studio	Main Studio		Main Studio	Main Studio	Meditation Room	
<b>Time:</b>	6:00 PM	6:00 PM	6:00 PM	6:00 PM - 6:30	6:00 PM	6:00 PM	
<b>Class:</b>	Flow and Let Go w/Bev	Soulful Slow Flow w/Susanne H.	NEW! Beginners Yoga w/Amy M. Starts 2/6	Guided Meditation w/Kat	Vinyasa Flow w/Amanda	Yin/Yan Fusion w/Marcela	Special Classes and Workshops
<b>Room:</b>	Main Studio	Main Studio	Meditation	Main Studio	Main Studio	Main Studio	Special Classes and Workshops
<b>Time:</b>			7:15 PM	6:45 PM	7:30 PM	7:30 PM	7:15 PM
<b>Class:</b>			Stretch & Restore w/Tara	Yin Yoga w/Robin	Stretch & Restore w/Amanda	Vinyasa Flow w/Meg M.	Vinyasa Flow w/Marcela
<b>Room:</b>			Main Studio	Main Studio	Main Studio	Meditation Room	Meditation Room

**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.