

Unplug & Be Mindful Yoga~ Energy Center
November Class Schedule



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:		5:30 AM		5:00 AM	5:30AM	5:30 AM	5:00 AM
Class:		Vinyasa Flow w/Jen		Vinyasa Flow w/Jen	New Time Yoga Sculpt w/Jen	Vinyasa Flow w/Tara	Vinyasa Flow w/Jen
Room:		Main Studio		Main Studio	Main Studio	Main Studio	Main Studio
Time:	7:00 AM	7:00 AM		7:00 AM	7:00AM	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
Room:	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
Class:	Vinyasa w/Melissa	Vinyasa w/Tricia		Vinyasa w/Marcela	Vinyasa w/Susanne	Vinyasa w/Jen	Gentle Hatha & Meditation w/Robin
Room:	Main Studio	Main Studio		Main Studio	Main Studio	Main Studio	Meditation Room
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	Yoga Sculpt w/Jen	Gentle Hatha w/Erin	Myofascial Release w/ Rollmodel Method® w/Melissa
Room:	Main Studio	Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room
Afternoon Classes							
Time:				12:00 PM			1:00pm
Class:				Pilates Yoga Fusion w/Marcela			Vinyasa Flow w/Jen
Room:				Main Studio			Main Studio
Time:				3:15pm-4:15pm			
Class:				Yoga for Tweens and Teens w/Meg H			
Room:							

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Time:		4:30 PM	4:30 PM	4:30 PM
Class:		Barre/Pilates w/Marcela	Gentle Hatha w/Michele B.	Gentle Hatha w/Kat
Room:		Main Studio	Meditation Room	Main Studio

4:30 PM	4:30 PM	4:30 PM	4:30pm
New Core Conditioning w/Melissa	Gentle Hatha w/Michele B.	Barre/Pilates w/Marcela	Gentle Hatha w/Erin
Main Studio	Meditation Room	Main Studio	Meditation Room

Time:	6:00 PM	6:00 PM	6:00 PM	6:00 PM
Class:	Flow and Let Go w/Meg M.	Soulful Slow Flow & Restore w/Susanne H.	6:00 PM Starts Nov. 13th Myofascial Release w/Marcela	Vinyasa Flow w/Courtney
Room:	Main Studio	Main Studio	Meditation Room	Main Studio

<i>New Time</i> 6:30PM	<i>New Time</i> 6:30PM	6:00 PM	6:00pm
Vinyasa Flow w/Jess	Yin Yoga & Yoga Nidra w/Robin	Yin & Myofascial Release w/Marcela	Gentle Hatha w/Linda
Main Studio	Meditation Room	Main Studio	Meditation Room

Special Classes and Workshops

Time:		7:15PM	7:15 PM
Class:		Stretch & Restore w/Tara M.	November: Yin Yoga for the Chakras w/Melissa
Room:		Main Studio	Main Studio

7:15 PM	7:30 PM
Special Classes w/Rotating Teachers	Vinyasa Flow w/Meg
Main Studio	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. Visit our website for Events and Appointments