

Unplug & Be Mindful Yoga~ Energy Center 2024 February 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		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	7:00 AM
Class:	Yoga Sculpt w/Jen	Yoga Sculpt w/Tara D.		Yoga Sculpt w/Tara D.		Yoga Sculpt w/Jen	Mindfulness Meditation w/Angela
Room:	Main Studio	Main Studio		Main Studio		Main Studio	Meditation Room
Time:	8:45 AM	8:45 AM		8:45 AM		8:45 AM	8:45 AM
Class:	Vinyasa Flow w/Melissa	Vinyasa Flow w/Tricia		Vinyasa Flow w/Marcela		Vinyasa Flow w/Jen	Vinyasa w/Marcela
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	Yin & Myofascial Release with the Rollmodel Method® w/ Melissa	Hatha Yoga w/Tricia	Yoga Sculpt w/Jen
Room:	Main Studio	Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room
			10:30 AM	10:30 AM			10:30 AM
			Hatha Yoga w/Marcela	Yoga Sculpt w/Jen			Stretch & Restorative w/ Tricia
			Main Studio	Meditation Room			Main Studio
							Barre/Pilates w/Marcela
							Main Studio
							Yin Yoga w/Robin
							Meditation Room
Afternoon Classes							
Time:		12:00 PM		12:00 PM		1:00 PM	
Class:		Hatha Yoga w/Meg H.		Pound Yoga Mix w/Marcela		Hatha Yoga w/Jen	
Room:		Main Studio		Main Studio		Main Studio	
Time:							
Class:							
Room:							

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evening Classes							
Time:		4:30 PM	4:30 PM	4:30 PM	4:30 PM		
Class:		Barre/Pilates w/Marcela	Gentle Hatha w/Michele	Core Conditioning w/Jess	Yin Yoga w/Michele	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	6:00 PM		
Class:	Flow and Let Go w/Meg M.	Soulful Slow Flow w/Susanne H.		Hatha and Meditation w/Robin	Slow Flow w/Linda		Special Classes and Workshops
Room:	Main Studio	Main Studio		Main Studio	Main Studio		Special Classes and Workshops
Time:		7:15PM	7:15 PM	7:15 PM	7:15 PM		
Class:		Stretch & Restore w/Tara	Restorative Yin Yoga (Rotating Teachers)	Flow and Let Go w/Meg M.	Weekly Rotating Classes /Teachers		
Room:		Main Studio	Main Studio	Main Studio	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