

Unplug & Be Mindful Yoga~ Energy Center
2024 July/August Class Schedule



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:		5:30 AM		5:30 AM		5:30 AM	
Class:		New Yoga Sculpt w/Tara D.		Vinyasa w/Jen		Yoga Sculpt w/Jen	
Room:		Main Studio		Main Studio		Main Studio	
Time:	7:00 AM	7:00 AM	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.	Hatha Yoga w/Angela	Yoga Sculpt w/Jen	Beach Yoga (Weather permitting) Rexhame Beach Marshfield	Yoga Sculpt w/Tara D.	Yoga Sculpt w/Jen
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Rexhame Beach Marshfield	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 Flow w/Melissa M.	Vinyasa Flow w/Tricia	Hatha Yoga and Meditation w/Melissa M.	Vinyasa Flow w/Marcela	New Yin Yoga w/Michele	Soulful Slow Flow & Restore w/Susanne H.	Vinyasa Flow w/Jen
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	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 M.	Hatha Yoga w/Tricia		Hatha Yoga w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	Hatha Yoga w/Tricia
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:		4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM
Class:		Barre/Pilates w/Marcela	Gentle Hatha w/Michele	Gentle Hatha w/Kat	Barre/Pilates w/Marcela	Hatha Yoga w/Michele	Gentle Hatha w/Erin
Room:		Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio
Time:	6:00 PM	6:00 PM		6:00 PM			
Class:	Flow and Let Go w/Meg M.	Soulful Slow Flow & Restore w/Susanne H.		Slow Flow w/Courtney	Hatha and Meditation w/Robin		Yoga Sculpt w/Melissa M.
Room:	Main Studio	Main Studio		Main Studio	Main Studio		Main Studio
Time:			7:15PM	7:15 PM	7:15 PM		
Class:			Stretch & Restore w/Tara	Restorative Yin w/Melissa T.	Flow and Let Go w/Meg M.		New Yin and Myofascia Release w/Melissa M.
Room:			Main Studio	Main Studio	Main Studio		Main Studio

Special Classes and Workshops

Special Classes and Workshops

Notes:

-Beginners: Gentle Hatha, Fascia Classes, 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