

Unplug & Be Mindful Yoga~ Energy Center
2024 September Class Schedule



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
Morning Classes													
Time:				5:30 AM	5:30 AM	5:30 AM							
Class:				Vinyasa w/Jen	Yoga Sculpt w/Jen	Vinyasa w/Jen							
Room:				Main Studio	Main Studio	Main Studio							
Time:	7:00 AM	7:00 AM		7:00 AM	7:00 AM	7:00AM	7:00 AM						
Class:	Yoga Sculpt w/Jen	Yoga Sculpt w/Tara D.		Yoga Sculpt w/Jen	Yoga Sculpt w/Tara D.	Yoga Sculpt w/Marcela	Yoga Sculpt w/Jen						
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	8:45 AM						
Class:	Vinyasa Flow w/Melissa M.	Vinyasa Flow w/Tricia	Hatha Yoga and Meditation w/Melissa M.	Vinyasa Flow w/Marcela	Yin Yoga and Myofascia Release w/Michele	Soulful Slow Flow & Restore w/Susanne H.	Vinyasa Flow w/Jen	Vinyasa Flow w/Melissa M.		Vinyasa w/Marcela	Hatha Yoga w/Tara D.		
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	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	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	Myofascial Release with the Rollmodel Method® w/Melissa M.	Hatha Yoga w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	New Yin Yoga w/Melissa M.	Yin Yang Yoga w/Tricia	Yoga Sculpt w/Jen	Stretch & Restorative w/ Tricia	Myofascial Release with the Rollmodel Method® w/Melissa M.	Barre/Pilates w/Marcela	Yin Yoga w/Robin
Room:	Main Studio	Main Studio	Meditation Room	Meditation Room	Main Studio	Main Studio	Meditation Room	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room
Afternoon Classes													
Time:					12:15pm		1:00 PM						
Class:					Yoga Sculpt w/Melissa		Hatha Yoga w/Jen						
Room:					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	4:30 PM	
Class:		Yoga Sculpt	Gentle Hatha w/Michele	Gentle Hatha w/Kat	Yoga Sculpt	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.	New Slow Flow w/Abby		Slow Flow w/Linda	Hatha and Meditation w/Robin		Meridian Flow w/Melissa
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.		Special Classes w/Rotating Teachers
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