

## Unplug & Be Mindful Yoga~ Energy Center 2024 Fall Class Schedule

Class Info	Sunday	Sunday Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Morning Classes													
Time:				5:30 AM		5:30 AM				5:30 AM			
Class:				Vinyasa		Yoga Sculpt				Vinyasa			
				w/Jen		w/Jen				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		7:00AM		7:00 AM	
Class:	Yoga Sculpt	Yoga Sculpt		Yoga Sculpt		Yoga Sculpt		Yoga Sculpt		Yoga Sculpt		Yoga Sculpt	
	w/Jen	w/Tara D.		w/Jen		w/Tara D.		w/Jen		w/Marcela		w/Jen	
Room:	Main Studio	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		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	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/Pilate s w/Marcela	Yin Yoga w/Robin
							NA - district						
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 Cl	asses						
Time:						12:15pm				1:00 PM			
Class						Yoga Sculpt				Hatha Yoga			
Class:						w/Melissa				w/Jen			
Room:						Main Studio				Main Studio			
Time:													
Class:													
Room:													

Class Info	Sunday	Sunday Mone		nday 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:		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	1	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		Special Classes and Workshops	Special Classes and Workshops
Room:	Main Studio	l		Main Studio		Main Studio		Main Studio		workshops	Workshops
Time:			7:15PM Stretch &	7:15 PM Restorative		7:15 PM Flow and Let		7:15 PM <b>Special</b>			
Class:			Restore w/Tara	Yin w/Melissa T.		Go w/Meg M.		Classes w/Rotating Teachers			
Room:			Main Studio	Main Studio		Main Studio		Main Studio			

## Notes:

<sup>-</sup>Beginners: Gentle Hatha, Fascia Classes, Stretch & Restore and Yin are all great places to start. Namaste

<sup>-</sup>Therapeutic Massage, Reiki, Reflexology, Thai and Ayurvedic Appointments can only be scheduled directly by phone or email. Visit our website for Events and Appointments