

Unplug & Be Mindful Yoga~ Energy Center
2024 November Class Schedule Starts Nov.10th



| 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 | 7:00 AM | 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 | New Hatha Yoga and Meditation w/Michele | Soulful Slow Flow & Restore w/Susanne H. | Vinyasa Flow w/Melissa M. | Hatha Yoga w/Tara D. | | | | |
| 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 | 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/Michele | New Yin Yang Yoga w/Melissa M. | Yoga Sculpt w/Jen | New Stretch & Restorative 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 | Main Studio | Meditation Room |
| Afternoon Classes | | | | | | | | | | | | |
| Time: | | | | | | 1:00 PM | | | | | | |
| Class: | | | | | | Hatha Yoga w/Jen | | | | | | |
| Room: | | | | | | Main Studio | | | | | | |
| Time: | | | | | | | | | | | | |
| Class: | | | | | | | | | | | | |
| Room: | | | | | | | | | | | | |

| Class Info | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|-------------------------------|---------------------------------------|-----------------------------|---------------------------------|---|--|---|
| Evening Classes | | | | | | | |
| Time: | New Time 4:30PM | 4:30 PM | 4:30 PM | 4:30 PM | 4:30 PM | | |
| Class: | Flow and Let Go w/Meg M. | Barre/Pilates w/Marcela | New Gentle Hatha w/Erin | Gentle Hatha w/Kat | Barre/Pilates w/Marcela | New Yin and Myofascia Release w/Robin | Gentle Hatha w/Erin |
| Room: | Main Studio | Main Studio | Meditation Room | Main Studio | Main Studio | Meditation Room | Main Studio |
| Time: | | 6:00 PM | | 6:00 PM | | | |
| Class: | Special Classes and Workshops | Soulful Slow Flow & Restore w/Abby | | Slow Flow w/Linda | 6:00 PM New Vinyasa Flow w/Andrea | | Meridian Yoga w/Melissa |
| Room: | | Main Studio | | Main Studio | Main Studio | | Main Studio |
| Time: | | | 7:15PM | 7:15 PM | | | |
| Class: | | | Stretch & Restore w/Tara | Restorative Yin w/Melissa T. | 7:15 PM Flow and Let Go w/Meg M. | | 7:15 PM Special Classes w/Rotating Teachers |
| Room: | | | Main Studio | Main Studio | Main Studio | | Main Studio |
| | | | | | | Special Classes and Workshops | Special Classes and Workshops |

Helpful Tips:

Beginners: Hatha, Fascia Classes, Stretch & Restore and Yin are all great places to start. Namaste

Massage, Reiki, Reflexology, Thai and Ayurvedic Appointments can be scheduled directly by phone/email or app. Visit our website for Events and Appointments