

Unplug & Be Mindful Yoga~ Energy Center
 2025 April Class Schedule *Starts April 12th*



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:		5:30 AM		5:30 AM		5:30 AM	
Class:		New Vinyasa Flow w/Kristin M.		Strong Vinyasa Flow w/Jen		Vinyasa Flow w/Kristin M.	
Room:		Main Studio		Main Studio		Main Studio	
Time:	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/Marcela	Yoga Sculpt w/Jen
Room:	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
Class:		Vinyasa Flow w/Melissa M.	Vinyasa Flow w/Tricia	Hatha Yoga and Meditation w/Melissa M.	Vinyasa Flow w/Marcela	Hatha Yoga and Meditation w/Michele	Soulful Slow Flow & Restore w/Susanne H.
Room:		Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	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	Myofascial Release with the Rollmodel Method® w/ Melissa M.	Hatha Yoga w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin
Room:		Main Studio	Main Studio	Meditation Room	Meditation Room	Main Studio	Main Studio
						10:30 AM	10:30 AM
Class:						Yoga Sculpt w/Jen	Hatha and Meditation w/Abby
Room:						Main Studio	Meditation Room
						10:30 AM	10:30 AM
Class:						<i>Starts April 25th</i> Hatha Yoga w/Melissa	<i>Starts April 25th</i> Stretch and Restore w/Michele
Room:						Main Studio	Meditation Room
						10:30 AM	10:30 AM
Class:						Barre/Pilates w/Marcela	Yin Yoga w/Robin
Room:						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:		4:30 PM	4:30 PM		4:30 PM	4:30 PM	4:00pm	
Class:		Barre/Pilates w/Marcela	Gentle Hatha w/Erin		Barre/Pilates w/Marcela	Yin and Myofascia Release w/Robin	Gentle Hatha w/Erin	Yoga Sculpt w/Meg M.
Room:		Main Studio	Meditation Room		Main Studio	Meditation Room	Main Studio	Main Studio
Time:		6:00PM	6:00 PM	5:15 PM	6:00PM	6:00PM		
Class:		<i>New Time Starts April 11th</i> Flow and Let Go w/Meg M.	Slow Vinyasa Flow w/Melissa	Hatha w/Kat	Slow Flow w/Linda	Slow Flow w/Courtney	Special Classes and Workshops	Special Classes and Workshops
Room:		Main Studio	Main Studio	Main Studio	Main Studio	Meditation Room		
Time:			7:15PM	7:00 PM	7:15 PM			
Class:			<i>Starts April 21st</i> Stretch and Restore w/Melissa M.	Restorative Yin w/Melissa T.	Restorative & Yoga Nidra w/Pam	Special Classes		
Room:			Main Studio	Main Studio	Main Studio			

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