

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



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
<b>Morning Classes</b>												
<b>Time:</b>			5:30 AM	5:30 AM	5:15 AM	5:30 AM						
<b>Class:</b>			<b>Strong Vinyasa Flow w/Jen</b>	<b>Yoga Sculpt w/Jen</b>	<b>Vinyasa Flow w/Kristin M.</b>	<b>Strong Vinyasa Flow w/Jen</b>						
<b>Room:</b>			Main Studio	Main Studio	Main Studio	Main Studio						
<b>Time:</b>	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00AM	7:00 AM					
<b>Class:</b>	<b>Yoga Sculpt w/Jen</b>	<b>Yoga Sculpt w/Tara D.</b>	<b>Yoga Sculpt w/Jen</b>	<b>Yoga Sculpt w/Tara D.</b>	<b>Yoga Sculpt w/Jen</b>	<b>Yoga Sculpt w/Marcela</b>	<b>Yoga Sculpt w/Jen</b>					
<b>Room:</b>	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio					
<b>Time:</b>	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM	8:45 AM					
<b>Class:</b>	<b>Vinyasa Flow w/Melissa M.</b>	<b>Vinyasa Flow w/Tricia</b>	<b>Hatha Yoga and Meditation w/Melissa M.</b>	<b>Vinyasa Flow w/Marcela</b>	<b>Hatha Yoga and Meditation w/Michele</b>	<b>Soulful Slow Flow &amp; Restore w/Susanne H.</b>	<b>Strong Vinyasa Flow w/Jen</b>	<b>Vinyasa Flow w/Melissa M.</b>	<b>Hatha Yoga w/Tara D.</b>	<b>Vinyasa Flow w/Marcela</b>		
<b>Room:</b>	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Main Studio	Main Studio	Meditation Room			
<b>Time:</b>	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		
<b>Class:</b>	<b>Yin Yoga w/Melissa M.</b>	<b>Hatha Yoga w/Tricia</b>	<b>Myofascial Release with the Rollmodel Method® w/Melissa M.</b>	<b>Hatha Yoga w/Marcela</b>	<b>Yoga Sculpt w/Jen</b>	<b>Hatha Yoga w/Erin</b>	<b>Yoga Sculpt w/Jen</b>	<b>Hatha and Meditation w/Abby</b>	<i>Starts April 25th</i> <b>Hatha Yoga w/Melissa</b>	<i>Starts April 25th</i> <b>Stretch and Restore w/Michele</b>	<b>Barre/Pilates w/Marcela</b>	<b>Yin Yoga w/Robin</b>
<b>Room:</b>	Main Studio	Main Studio	Meditation Room	Meditation Room	Main Studio	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room
<b>Afternoon Classes</b>												
<b>Time:</b>						1:00 PM						
<b>Class:</b>						<b>Hatha Yoga w/Jen</b>						
<b>Room:</b>						Main Studio						
<b>Time:</b>												
<b>Class:</b>												
<b>Room:</b>												

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Evening Classes</b>								
<b>Time:</b>		4:30 PM	4:30 PM	4:00 PM	4:30 PM	4:30 PM	4:00pm	
<b>Class:</b>		<b>Barre/Pilates w/Marcela</b>	<b>Gentle Hatha w/Erin</b>	<b>Yoga Sculpt w/Andrea</b>	<b>Barre/Pilates w/Marcela</b>	<b>Yin and Myofascia Release w/Robin</b>	<b>Gentle Hatha w/Erin</b>	<b>Yoga Sculpt w/Meg M.</b>
<b>Room:</b>		Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio
<b>Time:</b>		6:00PM <i>New Time Starts April 11th</i>	6:00 PM	5:15 PM	6:00PM	6:00PM		
<b>Class:</b>		<b>Flow and Let Go w/Meg M.</b>	<b>Slow Vinyasa Flow w/Melissa</b>	<b>Hatha w/Kat</b>	<b>Slow Flow w/Linda</b>	<b>Slow Flow w/Courtney</b>	<b>Special Classes and Workshops</b>	<b>Special Classes and Workshops</b>
<b>Room:</b>		Main Studio	Main Studio	Main Studio	Main Studio	Meditation Room		
<b>Time:</b>			7:15PM	7:00 PM	7:15 PM			
<b>Class:</b>			<i>Starts April 21st</i> <b>Stretch and Restore w/Melissa M.</b>	<b>Restorative Yin w/Melissa T.</b>	<b>Restorative &amp; Yoga Nidra w/Pam</b>	<b>Special Classes</b>		
<b>Room:</b>			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