Unplug & Be Mindful Yoga~ Energy Center's Fall Schedule- Starts September 23rd



New												
Class Info	Sunday	Sunday Monday			Wednesday		Thursday		Friday		Saturday	
					Morning Cl	asses						
Time:		5:30 AM	5:30 AM		5:30 AM		5:30 AM		5:30 AM			
Class:		Vinyasa Flow w/Kristin M.	Strong Vinyasa Flow w/Jen		Yoga Sculpt w/Jen		Vinyasa Flow w/Kristin M.		Strong Vinyasa Flow w/Jen			
Room:		Main Studio	Main Studio		Main Studio		Main Studio		Main Studio			
Time:	7:00 AM Yoga Sculpt	7:00 AM Yoga Sculpt	7:00 AM Yoga Sculpt		7:00 AM Yoga Sculpt		7:00 AM Yoga Sculpt		7:00AM Yoga Sculpt		7:00 AM Yoga Sculpt	
Class:	w/Jen Main Studio	w/Tara D. Main Studio	w/Jen Main Studio		w/Tara D. Main Studio		w/Jen Main Studio		w/Marcela Main Studio		w/Jen 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	8:45AM
Class:	Vinyasa Flow w/Melissa M.	Vinyasa Flow w/Tricia	Vinyasa Flow w/Marcela	Hatha Yoga and Meditation w/Michele	Soulful Slow Flow & Restore w/Susanne H.		Strong Vinyasa Flow w/Jen		Vinyasa Flow w/Melissa M.		Hatha Yoga w/Tara D.	Vinyasa Flow w/Marcela
Room:	Main Studio	Main Studio	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	Yin and Myofascia Release w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	Yin Yoga Starts Oct.1st	Yoga Sculpt w/Jen	Hatha and Meditation w/Erin	Hatha Yoga & Meditation w/Melissa	Stretch and Restore w/Michele	Barre/Pilates w/Marcela	Yin Yoga w/Robin
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room
Afternoon Classes												
Time:									1:00 PM			

Time:

Class:

Room:

Time:

Main Studio

Class: Room:

Class Info	Sunday	Sunday Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
Evening Classes											
Time:		4:30 PM	4:30 PM	4:00pm		4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:00pm	
Class:		Barre/Pilates w/Marcela	Functional Flow Starts Oct.6 w/Melissa	Yoga Sculpt w/Michelle G.		Barre/Pilates w/Marcela	Yin and Myofascia Release w/Robin	Gentle Hatha Yoga w/Erin	Functional Flow Starts Oct. 2 w/Melissa	Yoga Sculpt w/Michelle G.	
Room:		Main Studio	Meditation Room	Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	
Time:	4:30 PM	6:00 PM]	5:15 PM	5:15 PM	6:00PM	6:00PM	6:00PM	•		
Class:	Flow an Let Go w/Melissa	Slow Flow		Hatha w/Kat	Yin w/Michele B.	Vinyasa Flow w/Michelle G.	Restorative Yoga w/Laura	Slow Flow w/Abby		Special Classes and Workshops	Special Classes and Workshops
Room:	Main Studi	Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio			
Time:		7:15PM		7:00 PM	7:00 PM			7:15PM			
Class:		Stretch and Restore w/Kristin		Restorative Yin w/Melissa T.	Tantra Hatha Yoga w/Celeste	Special Classes and Workshops		Yin Yoga w/Courtney			
Room:		Main Studio		Meditation Room	Main Studio			Main Studio			