

Unplug & Be Mindful Yoga  
ENERGY CENTER  
unplugYOGA.com

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Class Info		Sunday	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday
Evening Classes									
Time:			4:30 PM	4:30 PM	4:00pm			4:00pm	
Class:			Barre/Pilates w/Marcela	Functional Flow Starts Oct.6 w/Melissa	Yoga Sculpt w/Michelle G.			Yoga Sculpt w/Michelle G.	
Room:			Main Studio	Meditation Room	Main Studio			Main Studio	
Time:		4:30 PM	6:00 PM		5:15 PM	5:15 PM	6:00PM	6:00PM	
Class:		4:30 PM Flow and Let Go w/Melissa	Slow Flow w/Kristin		Hatha w/Kat	Yin w/Michele B.	Vinyasa Flow w/Michelle G.	Restorative Yoga w/Laura	Slow Flow w/Abby
Room:		Main Studio	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	