

Unplug & Be Mindful Yoga~ Energy Center's January Schedule

* 40 Day Meditation Challenge (Drop In's Welcome)

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:	*6:00 AM	5:30 AM	*6:00 AM	5:30 AM	*6:00 AM	5:30 AM	*6:00 AM
Class:	Online 20 Minute Meditation	Vinyasa Flow w/Kristin M.	Online 20 Minute Meditation	Strong Vinyasa Flow w/Jen	Online 20 Minute Meditation	Yoga Sculpt w/Jen	Online 20 Minute Meditation
Room:	w/Melissa	Main Studio	w/Melissa	Main Studio	w/Melissa	Main Studio	w/Melissa
Time:	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/Jen	Yoga Sculpt w/Marcela	Yoga Sculpt w/Jen
Room:	Main Studio	Main Studio	Main Studio				
Time:	8:45 AM	8:45 AM	8:45 AM				
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.
Room:	Main Studio	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room
Time:	10:30 AM	10:30 AM	10:30 AM				
Class:	Yin Yoga w/Melissa M.	Hatha Yoga w/Tricia	Yin & Myofascia Release w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	Yoga Sculpt w/Jen	Hatha Yoga w/Melissa
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Main Studio	Meditation Room
Afternoon Classes							
Time:	12:00 PM	12:00 PM	12:00 PM				
Class:	*In Studio or Online 20 Minute Meditation	*In Studio or Online 20 Minute Meditation	*In Studio or Online 20 Minute Meditation	*In Studio or Online 20 Minute Meditation			
Room:	w/Melissa	w/Melissa	w/Jen	w/Erin	w/Jen	w/Melissa	w/Robin
Time:							
Class:							
Room:							

Class Info	Sunday	Monday	Tuesday	Wednesday		Thursday		Friday	Saturday
Evening Classes									
Time:	4:30 PM	4:30 PM	4:00pm	4:00pm	4:30 PM	4:30 PM	4:30 PM	4:00pm	
	Yoga Tone w/Marcela	Gentle Hatha Yoga w/Abby	Vinyasa Flow w/Michelle G.	Bliss Out w/Angela (Starts Jan 20th)	Yoga Tone w/Marcela	Yin and Myofascia Release w/Robin	Gentle Hatha Yoga w/Erin	Vinyasa Flow w/Michelle G.	
	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Main Studio	
Class:	Restorative Yoga w/ Rotating Teachers	Slow Flow w/Kristin					6:00pm	Idle Hour w/Laura (January 16th-Friday February 27th *no class February 13th)	Special Classes and Workshops
	Main Studio	Main Studio					Slow Flow w/Abby		
							Main Studio	Meditation Room	
Room:	7:15PM	7:00 PM			7:15PM	7:15PM			
	Stretch and Restore w/Kristin	Relax and Restore w/Melissa T.			Yin Yoga w/Courtney	Gentle Yoga and Sound w/Celeste			
	Main Studio	Meditation Room			Meditation Room	Special Classes and Workshops			