

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	*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	Strong Vinyasa Flow w/Jen	Online 20 Minute Meditation	Online 20 Minute Meditation			
Room:		w/Melissa	Main Studio	w/Melissa	Main Studio	w/Melissa	Main Studio	w/Melissa	Main Studio	w/Melissa	Main Studio			
Time:		7:00 AM	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/Jen		Yoga Sculpt w/Marcela		Yoga Sculpt w/Jen			
Room:		Main Studio	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		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		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	
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 and Meditation w/Erin	Hatha Yoga w/Melissa	Restorative and Reiki w/Michele	Yoga Tone w/Marcela	Yin Yoga w/Robin
Room:		Main Studio	Main Studio		Meditation Room	Main Studio	Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room
Afternoon Classes														
Time:		12:00 PM	12:00 PM		12:00 PM		12:00 PM		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		*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:											1:00 PM			
Class:											Hatha Yoga w/Jen			
Room:											Main Studio			

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	4:30 PM
Class:		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	Strong Vibes for Strong Bones (Starts Jan 22nd) w/Angela
Room:		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room
Time:	4:30 PM	6:00 PM		5:15 PM	5:15 PM	6:00PM		6:00PM	
Class:	Restorative Yoga w/Rotating Teachers	Slow Flow w/Kristin		Hatha w/Kat	Yin w/Michele B.	Beginners Yoga w/Melissa T.		Slow Flow w/Abby	
Room:	Main Studio	Main Studio		Main Studio	Meditation Room	Meditation Room		Main Studio	
Time:		7:15PM		7:00 PM		7:15PM	7:15PM		
Class:		Stretch and Restore w/Kristin		Relax and Restore w/Melissa T.		Yin Yoga w/Courtney	Gentle Yoga and Sound w/Celeste	Special Classes and Workshops	
Room:		Main Studio		Meditation Room		Meditation Room			
									Special Classes and Workshops