

**Unplug & Be Mindful Yoga~ Energy Center**  
**2025 Winter Class Schedule Starts January 5th**



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>							
<b>Time:</b>		5:30 AM		5:30 AM		5:30 AM	
<b>Class:</b>		<b>New Strong Vinyasa Flow w/Melissa M.</b>		<b>Strong Vinyasa Flow w/Jen</b>		<b>New Strong Vinyasa Flow w/Melissa M.</b>	
<b>Room:</b>		Main Studio		Main Studio		Main Studio	
<b>Time:</b>	7:00 AM	7:00 AM		7:00 AM		7:00 AM	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/Jen</b>	<b>Yoga Sculpt w/Jen</b>
<b>Room:</b>	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>New Yin Yan Yoga w/Michele</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>New Time Yin Yoga w/Michele</b>
<b>Room:</b>	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	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
<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>Room:</b>	Main Studio	Main Studio	Meditation Room	Meditation Room	Main Studio	Main Studio	
<b>Time:</b>							
<b>Class:</b>							
<b>Room:</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>	4:30PM	4:30 PM	4:30 PM	4:00 PM	4:30 PM	4:30 PM	4:30 PM
<b>Class:</b>	<b>Flow and Let Go w/Meg M.</b>	<b>Barre/Pilates w/Marcela</b>	<b>Gentle Hatha w/Erin</b>	<b>New 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>Room:</b>	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio
<b>Time:</b>		6:00 PM		5:15 PM	6:15 PM		
<b>Class:</b>	<b>Special Classes and Workshops</b>	<b>Soulful Slow Flow &amp; Restore w/Abby</b>		<b>New Time Hatha w/Kat</b>	<b>New Slow Flow w/Courtney</b>	<b>Special Classes and Workshops</b>	<b>Special Classes and Workshops</b>
<b>Room:</b>		Main Studio		Main Studio	Meditation Room		
<b>Time:</b>			7:15PM	7:00 PM			
<b>Class:</b>			<b>New Flow and Let Go w/Meg</b>	<b>Restorative Yin w/Melissa T.</b>		<b>Special Classes</b>	
<b>Room:</b>			Main Studio	Main Studio			
				7:15 PM			
				<b>Restorative &amp; Yoga Nidra w/Robin</b>			
				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