

Unplug & Be Mindful Yoga~ Energy Center
2025 Winter Class Schedule



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
Morning Classes											
Time:		5:30 AM		5:30 AM		5:30 AM					
Class:		Vinyasa Flow w/Melissa M.		Strong Vinyasa Flow w/Jen		Yoga Sculpt w/Jen					
Room:		Main Studio		Main Studio		Main Studio					
Time:	7:00 AM	7:00 AM		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/Marcela	Yoga Sculpt w/Jen				
Room:	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				
Class:	Vinyasa Flow w/Melissa M.	Vinyasa Flow w/Tricia	Hatha Yoga and Meditation w/Melissa M.	Vinyasa Flow w/Marcela	Hatha Yoga and Meditation w/Michele	Soulful Slow Flow & Restore w/Susanne H.	Strong Vinyasa Flow w/Jen	Yin and Myofascia Release w/Michele	Vinyasa Flow w/Melissa M.	Vinyasa Flow w/Marcela	Hatha Yoga w/Tara D.
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	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				
Class:	Yin Yoga w/Melissa M.	Hatha Yoga w/Tricia	Myofascial Release with the Rollmodel Method® w/Melissa M.	Hatha Yoga w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	Yoga Sculpt w/Jen	Hatha and Meditation w/Melissa	Yin & Restorative Yoga w/Melissa M.	Barre/Pilates w/Marcela	Yin Yoga w/Robin
Room:	Main Studio	Main Studio	Meditation Room	Meditation Room	Main Studio	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	
Afternoon Classes											
Time:						1:00 PM					
Class:						Hatha Yoga w/Jen					
Room:						Main Studio					
Time:											
Class:											
Room:											

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evening Classes							
Time:	4:30PM	4:30 PM	4:30 PM	4:00 PM	4:30 PM	4:30 PM	4:30 PM
Class:	Flow and Let Go w/Meg M.	Barre/Pilates w/Marcela	Gentle Hatha w/Erin	New Yoga Sculpt w/Andrea	Barre/Pilates w/Marcela	Yin and Myofascia Release w/Robin	Gentle Hatha w/Erin
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio
Time:		6:00 PM		5:15 PM	6:00PM		
Class:	Special Classes and Workshops	Soulful Slow Flow & Restore w/Abby		Hatha w/Kat	Slow Flow w/Courtney		Special Classes and Workshops
Room:		Main Studio		Main Studio	Meditation Room		
Time:		7:15PM	7:00 PM	7:30 PM			
Class:		Flow and Let Go w/Meg	Restorative Yin w/Melissa T.	Restorative & Yoga Nidra w/Pam	Special Classes		
Room:		Main Studio	Main Studio	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