

**Unplug & Be Mindful Yoga~ Energy Center**  
**2025 March Class Schedule**



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>Morning Classes</b>									
<b>Time:</b>			5:30 AM	5:30 AM	5:15 AM	5:30 AM			
<b>Class:</b>			<b>Strong Vinyasa Flow w/Jen</b>	<b>Yoga Sculpt w/Jen</b>	<b>Starts March 13th New Vinyasa Flow w/Kristin M.</b>	<b>Strong Vinyasa Flow w/Jen</b>			
<b>Room:</b>			Main Studio	Main Studio	Main Studio	Main Studio			
<b>Time:</b>	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00AM	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/Tara D.</b>	<b>Yoga Sculpt w/Jen</b>	<b>Yoga Sculpt w/Marcela</b>	<b>Yoga Sculpt w/Jen</b>		
<b>Room:</b>	Main Studio	Main Studio	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	8:30 AM		
<b>Class:</b>	<b>Vinyasa Flow w/Melissa M.</b>	<b>Vinyasa Flow w/Tricia</b>	<b>Hatha Yoga and Meditation w/Melissa M.</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>Strong Vinyasa Flow w/Jen</b>	<b>Vinyasa Flow w/Melissa M.</b>	<b>Hatha Yoga w/Tara D.</b>
<b>Room:</b>	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Main Studio	Main Studio	
<b>Time:</b>	10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:00 AM	10:00 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>Yin &amp; Restorative Yoga w/Melissa M.</b>	<b>Vinyasa Flow w/Marcela</b>	<b>Yin Yoga w/Robin</b>
<b>Room:</b>	Main Studio	Main Studio	Meditation Room	Meditation Room	Main Studio	Main Studio	Main Studio	Main Studio	Meditation Room
<b>Afternoon Classes</b>									
<b>Time:</b>						1:00 PM	11:30 AM		
<b>Class:</b>						<b>Hatha Yoga w/Jen</b>	<b>Barre/Pilates w/Marcela</b>		
<b>Room:</b>						Main Studio	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	4:00pm	
<b>Class:</b>	Flow and Let Go w/Meg M.	Barre/Pilates w/Marcela	Gentle Hatha w/Erin	Yoga Sculpt w/Andrea	Barre/Pilates w/Marcela	Yin and Myofascia Release w/Robin	Gentle Hatha w/Erin	New Yoga Sculpt w/Meg M.
<b>Room:</b>	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio
<b>Time:</b>		6:00 PM		5:15 PM	6:00PM	6:00PM		
<b>Class:</b>	Special Classes and Workshops	Soulful Slow Flow & Restore w/Abby		Hatha w/Kat	Slow Flow w/Linda	Slow Flow w/Courtney	Special Classes and Workshops	Special Classes and Workshops
<b>Room:</b>		Main Studio		Main Studio	Main Studio	Meditation Room		
<b>Time:</b>			7:15PM	7:00 PM	7:15 PM			
<b>Class:</b>			New Deep Stretching for Mobility w/Melissa M.	Restorative Yin w/Melissa T.	Restorative & Yoga Nidra w/Pam	Special Classes		
<b>Room:</b>			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