

Unplug & Be Mindful Yoga
ENERGY CENTER
unplugYOGA.com

New														
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/Kristin M.				Yoga Sculpt w/Jen				Strong Vinyasa Flow w/Jen			
Room:			Main Studio				Main Studio				Main Studio			
Time:		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/Tara D.				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			8:45AM
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/Marcela
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		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	Functional Flow w/Melissa	Yoga Sculpt w/Jen	Hatha and Meditation w/Erin	Hatha Yoga & Meditation w/Melissa	Restorative and Reiki w/Michele	Yin Yoga w/Robin
Room:		Main Studio	Main Studio		Meditation Room		Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	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:			4:30 PM	4:30 PM	4:00pm	4:00pm	4:30 PM	4:30 PM	4:30 PM
Class:			Barre/Pilates w/Marcela	Gentle Hatha Yoga w/Abby	Yoga Sculpt w/Michelle G.	Bliss Out w/Angela *Starts Nov.18	Barre/Pilates w/Marcela	Yin and Myofascia Release w/Robin	Gentle Hatha Yoga w/Erin
Room:			Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio
Time:		4:30 PM	6:00 PM		5:15 PM	5:15 PM	6:00PM	6:00PM	6:00PM
Class:		Flow and Let Go	Slow Flow w/Kristin		Hatha w/Kat	Yin w/Michele B.	Slow Flow w/Linda	Restorative Yoga w/Laura	Slow Flow w/Abby
Room:		Main Studio	Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio
Time:			7:15PM		7:00 PM	7:00 PM		7:15PM	
Class:			Stretch and Restore w/Kristin		Relax and Restore w/Melissa T.	Tantra Hatha Yoga w/Celeste		Yin Yoga w/Courtney	
Room:			Main Studio		Meditation Room	Main Studio		Main Studio	
								Special Classes and Workshops	
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