

Unplug & Be Mindful Yoga
ENERGY CENTER
unplugYOGA.com

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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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