

Unplug & Be Mindful Yoga
ENERGY CENTER
unplugYOGA.com

Class Info		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Morning Classes																	
Time:		5:30 AM				5:30 AM		5:30 AM		5:30 AM		5:30 AM					
Class:		Vinyasa Flow w/Kristin M.				Strong Vinyasa Flow w/Jen		Yoga Sculpt w/Jen		Vinyasa Flow w/Kristin M.		Strong Vinyasa Flow w/Jen					
Room:		Main Studio				Main Studio		Main Studio		Main Studio		Main Studio					
Time:		7:00 AM	7:00 AM			7:00 AM	7:00AM	7:00 AM	7:00AM	7:00 AM	7:00AM	7:00AM			7:00 AM	7:00AM	
Class:		Yoga Sculpt w/Jen	Yoga Sculpt w/Tara D.			Yoga Sculpt w/Jen	Beach Yoga w/Tara	Yoga Sculpt w/Tara D.	Beach Yoga w/Melissa	Yoga Sculpt w/Jen	Beach Yoga w/Tara	Yoga Sculpt w/Marcela			Yoga Sculpt w/Jen	*Beach Yoga w/Melissa	
Room:		Main Studio	Main Studio			Main Studio	Rexhame	Main Studio	Rexhame	Main Studio	Rexhame	Main Studio			Main Studio	Rexhame	
Time:		8:45 AM	8:45 AM			8:45 AM	8:45 AM	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/Melissa			Vinyasa Flow w/Marcela	Hatha Yoga and Meditation w/Michele	Soulful Slow Flow & Restore w/Susanne H.			Strong Vinyasa Flow w/Jen	Yin Yoga w/Robin	Vinyasa Flow w/Melissa M.			Hatha Yoga w/Tara D.	Vinyasa Flow w/Marcela
Room:		Main Studio	Main Studio			Main Studio	Meditation Room	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	10:30 AM
Class:		Yin Yoga w/Melissa M.	Hatha Yoga w/Melissa			Hatha Yoga w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin			Yoga Sculpt w/Jen	Hatha and Meditation w/Erin	Hatha Yoga & Meditation w/Melissa	Stretch and Restore w/Michele	Barre/Pilates w/Marcela	Yin Yoga w/Robin	
Room:		Main Studio	Main Studio			Meditation Room	Main Studio	Main Studio			Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	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:			4:30 PM	4:30 PM		4:30 PM	4:30 PM	4:00pm	
Class:			Barre/Pilates w/Marcela	Gentle Hatha w/Abby		Barre/Pilates w/Marcela	Yin and Myofascia Release w/Melissa	Yoga Sculpt w/Meg M.	
Room:			Main Studio	Meditation Room		Main Studio	Meditation Room	Main Studio	
Time:		6:00PM	6:00 PM	5:15 PM	6:00PM	6:00PM			
Class:		Flow and Let Go w/Meg M.	Slow Vinyasa Flow w/Kristin	Hatha w/Kat	Slow Vinyasa Flow w/Michelle G.	Slow Flow w/Courtney		Special Classes and Workshops	Special Classes and Workshops
Room:		Main Studio	Main Studio	Main Studio	Main Studio	Meditation Room			
Time:			7:15PM	7:00 PM	7:15 PM				
Class:			Stretch and Restore w/Kristin	Restorative Yin w/Melissa T.	Restorative & Yoga Nidra w/Pam	Special Classes			
Room:			Main Studio	Main Studio	Main Studio				

Helpful Tips:
 Teacher and/or Format Change for Starting Memorial Day

Massage, Reiki, Reflexology, Thai and Ayurvedic Appointments can be scheduled directly by phone/email or app. Visit our website for Events and Appointments