

Unplug & Be Mindful Yoga~ Energy Center New Summer Schedule

Unplug & Be Mindful Yoga
ENERGY CENTER
unplugYOGA.com

Beach Yoga Starts June 21st!

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:		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
Class:	Yoga Sculpt w/Jen	Yoga Sculpt w/Tara D.	Yoga Sculpt w/Jen	Beach Yoga w/Melissa	Yoga Sculpt w/Jen	Beach Yoga w/Tara	Yoga Sculpt w/Marcela
Room:	Main Studio	Main Studio	Main Studio	Rexhame	Main Studio	Rexhame	Main Studio
Time:	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	Vinyasa Flow w/Marcela	Hatha Yoga and Meditation w/Kristin	Strong Vinyasa Flow w/Jen	Yin Yoga w/Robin	Vinyasa Flow w/Melissa M.
Room:	Main Studio	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio
Time:	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	Hatha Yoga w/Marcela	Yoga Sculpt w/Jen	Hatha and Meditation w/Erin	Hatha Yoga & Meditation w/Melissa	Stretch and Restore w/Laura W.
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio
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				
Class:			Stretch and Restore w/Kristin		Restorative Yin w/Melissa T.		Special Classes		
Room:			Main Studio		Main Studio				

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