

Unplug & Be Mindful Yoga Center April Weekly Class Schedule



Please Note: There will be a modified schedule April Vacation Week (April 20-26)

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:		5:30 AM	6:00AM	5:30 AM	6:00AM	5:30 AM	6:00AM
Class:		Vinyasa Flow w/Kristin M.	20 Minute Online Meditation w/Melissa/Courtney	Strong Vinyasa Flow w/Jen	20 Minute Online Meditation w/Melissa/Courtney	Vinyasa Flow w/Kristin M.	20 Minute Online Meditation w/Melissa/Courtney
Room:		Main Studio	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
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	8:45 AM	8:45 AM
Class:	Vinyasa Flow w/Melissa M.	Vinyasa Flow w/Tricia	New Hatha & Meditation w/Melissa	Vinyasa Flow w/Marcela	Soulful Slow Flow & Restore w/Susanne H.	Strong Vinyasa Flow w/Jen	Vinyasa Flow w/Melissa M.
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	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	10:30 AM
Class:	Yin Yoga w/Melissa M.	Hatha Yoga w/Tricia	New Myofascial Release with the Roll Model® Method w/Melissa	Yin & Myofascia Release w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	Yoga Sculpt w/Jen
Room:	Main Studio	Main Studio	Meditation Room	Meditation Room	Main Studio	Main Studio	Main Studio
Afternoon Classes							
Time:	12:30PM	12:00 PM		12:00 PM		12:00 PM	12:00 PM
Class:	6 Week Beginners Yoga Series (drop in or attend all 6 classes) w/Melissa T.						Hatha Yoga w/Jen

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Evening Classes									
Time:		4:30 PM	4:30 PM		4:00pm	4:30 PM	4:30 PM	4:30 PM	4:30 PM
Class:		Yoga Tone w/Marcela	New Gentle Hatha Yoga w/Whitney		Bliss Out w/Angela	Yoga Tone w/Marcela	New Yin Yoga w/Melissa M.	Gentle Hatha Yoga w/Erin	Strong Vibes for Strong Bones w/Angela
Room:		Main Studio	Meditation Room		Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room

Time:	4:30 PM	6:00 PM		5:15 PM		6:00PM		6:00PM	
Class:	Hatha Yoga w/Grady	Slow Flow w/Kristin		Hatha w/Kat		Gentle Hatha w/Michele B.		Slow Flow w/Abby	
Room:	Main Studio	Main Studio		Main Studio		Meditation Room		Main Studio	

Special Classes and Workshops

Time:	6:00pm	7:15PM		7:00 PM		7:15PM	7:15PM	
Class:	Special Classes and Workshops	Stretch and Restore w/Kristin		Relax and Restore w/Melissa T.		Yin Yoga w/Courtney	Gentle Yoga and Sound w/Celeste	
Room:		Main Studio		Meditation Room		Meditation Room		

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