

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	4:30 PM	4:30 PM			
Class:			Yoga Tone w/Marcela	Gentle Hatha Yoga w/Whitney	Hatha w/Kat	Yoga Tone w/Marcela	Yin Yoga w/Michele B.	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:			6:00 PM		6:30 PM	6:00PM			
Class:		Special Classes and Workshops	Slow Flow w/Kristin		Relax and Restore w/Melissa T.	Vinyasa Flow w/Michelle G.			Special Classes and Workshops
Room:			Main Studio		Meditation Room	Main Studio			
Time:		6:00 PM	7:15PM			7:15PM	7:15PM		
Class:		Hatha Yoga w/Grady	Stretch and Restore w/Kristin			Yin Yoga w/Courtney	Gentle Yoga and Sound w/Celeste	Special Classes and Workshops	
Room:		Main Studio	Main Studio			Meditation Room	Main Studio		