

Unplug & Be Mindful Yoga Center Fall Weekly Class Schedule



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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[Check the App for Pop Ups and Community Class Schedule](#)

Time:		5:30 AM		5:30 AM		5:30 AM		5:30 AM			
Class:		Vinyasa Flow w/Whitney		Strong Vinyasa Flow w/Jen		Vinyasa Flow w/Kristin M.		Strong Vinyasa Flow w/Jen			
Room:		Main Studio		Main Studio		Main Studio		Main Studio			
Time:		7:00 AM	7:00 AM		7:00 AM		7:00 AM			7:00 AM	
Class:		Yoga Sculpt w/Jen	Yoga Sculpt w/Tara D.		Yoga Sculpt w/Tara D.		Yoga Sculpt w/Jen			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
Class:		Vinyasa Flow w/Melissa M.	Vinyasa Flow w/Tricia		Soulful Slow Flow & Restore w/Susanne H.		Hatha Flow w/Jen			Hatha Yoga w/Tara D.	Vinyasa Flow w/Marcela
Room:		Main Studio	Main Studio		Main Studio		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
Class:		Yin Yoga w/Melissa M.	Hatha Yoga w/Tricia		Yoga Sculpt w/Jen	Hatha w/Melissa M. (Sub for Erin)	Yoga Sculpt w/Jen	Hatha and Meditation w/LeeMarie (Sub for Erin)	Hatha Yoga w/Melissa M.	Stretch & Restore w/Michele	Yoga Tone w/Marcela
Room:		Main Studio	Main Studio		Main Studio	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio

Afternoon Classes

Time:	1:00 PM
Class:	Hatha Yoga w/Jen

Class Info		Sunday	Monday	Tuesday	Wednesday	Thursday	Main Studio	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			Pilates Yoga Fusion w/ Michelle G.	
Room:			Main Studio	Meditation Room	Main Studio			Main Studio	
Time:	4:30 PM	4:30 PM	5:45 PM	5:45 PM		5:45PM	6:00PM	6:00PM	
Class:	Hatha Yoga w/Grady	Pop Up Stretch & Restore	Vinyasa Flow w/Kristin	YTT Community Classes/Pop Ups		Vinyasa Flow w/Michelle G.	YTT Community Classes/Pop Ups	YTT Community Classes/Pop Ups	Special Classes and Workshops
Room:	Main Studio	Meditation Room	Main Studio			Main Studio			Special Classes and Workshops
Time:			7:00PM	7:00PM		7:15PM	7:15PM	7:15PM	
Class:			Stretch and Restore w/Kristin	Yin Yoga w/Melissa T.		YTT Community Classes/Pop Ups	Yin Yoga w/Courtney	Gentle Yoga and Sound w/Celeste	
Room:			Main Studio	Meditation Room			Meditation Room	Main Studio	