

Unplug & Be Mindful Yoga
ENERGY CENTER
unplugYOGA.com

[Check the App for Pop Ups and Community Class Schedule](#)

Time:	7:00 AM	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/Jen		Yoga Sculpt w/Tara D.		Yoga Sculpt w/Marcela		Yoga Sculpt w/Jen
Room:	Main Studio	Main Studio		Main Studio		Main Studio		Main Studio		Main Studio

[illegible]

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	Yoga Tone w/Marcela	New Hatha Yoga w/Michele B.	Hatha Yoga w/ Melissa M.	New Yin w/Michele B.	Pilates Yoga Fusion w/ Michelle G.
Room:				Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room	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	Special Classes and Workshops
Room:	Main Studio	Meditation Room	Main Studio				Main Studio				
Time:				7:00PM			7:00PM				
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	