

Unplug & Be Mindful Yoga~ Energy Center's January Schedule



* 40 Day Meditation Challenge (Drop In's Welcome)

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:	*6:00 AM	5:30 AM	*6:00 AM	5:30 AM	*6:00 AM	5:30 AM	*6:00 AM
Class:	Online 20 Minute Meditation	Vinyasa Flow w/Kristin M.	Online 20 Minute Meditation	Strong Vinyasa Flow w/Jen	Online 20 Minute Meditation	Yoga Sculpt w/Jen	Online 20 Minute Meditation
Room:	w/Melissa	Main Studio	w/Melissa	Main Studio	w/Melissa	Main Studio	w/Melissa
Time:	7:00 AM	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/Jen	Yoga Sculpt w/Marcela	Yoga Sculpt w/Jen
Room:	Main Studio	Main Studio	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	Vinyasa Flow w/Marcela	Hatha Yoga and Meditation w/Michele	Soulful Slow Flow & Restore w/Susanne H.	Strong Vinyasa Flow w/Jen	Vinyasa Flow w/Melissa M.
Room:	Main Studio	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	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	Yin & Myofascia Release w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	Yoga Sculpt w/Jen	Hatha and Meditation w/Erin
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Main Studio	Meditation Room
Afternoon Classes							
Time:	*In Studio 20 Minute Meditation	*In Studio 20 Minute Meditation	*In Studio 20 Minute Meditation	*In Studio 20 Minute Meditation	*In Studio 20 Minute Meditation	*In Studio 20 Minute Meditation	*In Studio 20 Minute Meditation
Class:							
Room:	w/Melissa	w/Melissa	w/Jen	w/Erin	w/Jen	w/Melissa	w/Robin
Time:						1:00 PM	
Class:						Hatha Yoga w/Jen	
Room:						Main Studio	

Class Info		Sunday	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday			
Evening Classes												
Time:			4:30 PM	4:30 PM	4:00pm	4:00pm	4:30 PM	4:30 PM	4:30 PM		4:00pm	
Class:			Yoga Tone w/Marcela	Gentle Hatha Yoga w/Abby	Vinyasa Flow w/Michelle G.	Bliss Out w/Angela (Starts Jan 20th)	Yoga Tone w/Marcela	Yin and Myofascia Release w/Robin	Gentle Hatha Yoga w/Erin	Strong Vibes for Strong Bones (Starts Jan 22nd) w/Angela	Vinyasa Flow w/Michelle G.	
Room:			Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	
Time:		4:30 PM Restorative Yoga w/Rotating Teachers	6:00 PM		5:15 PM	5:15 PM	6:00PM		6:00PM			
Class:			Slow Flow w/Kristin		Hatha w/Kat	Yin w/Michele B.	Slow Flow w/Linda		Slow Flow w/Abby		Special Classes and Workshops	Special Classes and Workshops
Room:		Main Studio	Main Studio		Main Studio	Meditation Room	Main Studio		Main Studio			
Time:			7:15PM		7:00 PM			7:15PM	7:15PM			
Class:			Stretch and Restore w/Kristin		Relax and Restore w/Melissa T.		200 Hour YTT	Yin Yoga w/Courtney	Gentle Yoga and Sound w/Celeste	Special Classes and Workshops		
Room:			Main Studio		Meditation Room			Meditation Room				