

Unplug & Be Mindful Yoga Center July Weekly Class Schedule



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time:		5:30 AM	6:00AM	5:30 AM	5:30 AM	5:30 AM	
Class:		Vinyasa Flow w/Kristin M.	20 Minute Online Meditation w/Melissa /Courtney	Strong Vinyasa Flow w/Jen	Yoga Sculpt w/Jen	20 Minute Online Meditation w/Melissa /Courtney	Strong Vinyasa Flow w/Jen
Room:		Main Studio		Main Studio	Main Studio	Main Studio	Main Studio
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	7:00AM Beach Yoga at Rexhame (Weather Permitting) w/Tara	Yoga Sculpt w/Tara D.	Yoga Sculpt w/Marcela
Room:		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
Class:		Vinyasa Flow w/Melissa M.	Vinyasa Flow w/Tricia	New Hatha Yoga w/Melissa M.	Soulful Slow Flow & Restore w/Susanne H.	New Hatha Yoga w/Jen	Vinyasa Flow w/Melissa M.
Room:		Main Studio	Main Studio	Main Studio	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
Class:		Yin Yoga w/Melissa M.	Hatha Yoga w/Tricia	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	Yoga Sculpt w/Jen	Hatha and Meditation w/Erin
Room:		Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Meditation Room
Afternoon Classes							
Time:		12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
Class:							

Class Info		Sunday	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday
Evening Classes									

Time: Class: Room:	4:30 PM	4:30 PM	4:30 PM	4:00 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM
	Yoga Tone w/Marcela (Sub Michele G.)	Gentle Hatha Yoga w/Whitney		Hatha w/Kat	Bliss Out w/Angela	Yoga Tone w/Marcela (Sub Michele G.)	Yin Yoga w/Michele B.	Gentle Hatha Yoga w/Erin
	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room

Time:	6:00 PM		6:30 PM		6:00PM		6:00PM	
Class:	Special Classes and Workshops	Slow Flow w/Kristin	Relax and Restore w/Melissa T.		Vinyasa Flow w/Michelle G.		Myofascia Release w/Yoga Tune Up® RollModel Method w/Melissa M.	
Room:		Main Studio	Meditation Room		Main Studio		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
Room:	Main Studio	Main Studio			Meditation Room	Main Studio

Special Classes and Workshops

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