

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



*** Continuing Until March 20th**

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				
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				
Time:	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	Meditation Room	Main Studio
Time:	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	Vinyasa Flow w/Melissa	Yoga Sculpt w/Jen
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio
Afternoon Classes							
Time:	12:00 PM	12:00 PM	12:00 PM				
Class:	*In Studio or Online 20 Minute Meditation	*In Studio or Online 20 Minute Meditation	*In Studio or Online 20 Minute Meditation				
Room:	w/Melissa	w/Melissa	w/Jen	w/Erin	w/Jen	w/Melissa	w/Robin
Time:	12:30 PM					1:00 PM	
Class:	New Beginners Yoga w/Melissa T.					Hatha Yoga w/Jen	
Room:	Main Studio					Main Studio	

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Evening Classes									
Time:		4:30 PM	4:30 PM		4:00pm	4:30 PM	4:30 PM	4:30 PM	4:30 PM
Class:		Yoga Tone w/Marcela	Gentle Hatha Yoga w/Abby		Bliss Out w/Angela	Yoga Tone w/Marcela	Yin Yoga Release w/Robin	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:	4:30 PM	6:00 PM	5:15 PM
Class:	Hatha Yoga w/Grady (Starts 3/15)	Slow Flow w/Kristin	Hatha w/Kat
Room:	Main Studio	Main Studio	Main Studio

Time:	6:00PM	6:00PM
Class:	New Gentle Hatha w/Michele B.	Slow Flow w/Abby
Room:	Meditation Room	Main Studio

Time:	6:00pm
Class:	Idle Hour w/Laura (January 16th-March 20th)
Room:	Meditation Room

Class:	Special Classes and Workshops
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Time:	6:00pm	7:15PM	7:00 PM
Class:	Stretch & Restore w/Hands On Assists Rotating Teachers	Stretch and Restore w/Kristin	Relax and Restore w/Melissa T.
Room:	(Starts 3/22)	Main Studio	Meditation Room

Time:	7:15PM	7:15PM
Class:	Yin Yoga w/Courtney	Gentle Yoga and Sound w/Celeste
Room:	Meditation Room	Special Classes and Workshops