

Unplug & Be Mindful Yoga Center May Weekly Class Schedule



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
Time:		5:30 AM		5:30 AM		5:30 AM	
Class:		Vinyasa Flow w/Kristin M.		Strong Vinyasa Flow w/Jen	6:00AM 20 Minute Online Meditation w/Melissa/Courtney	Yoga Sculpt w/Jen	
Room:		Main Studio		Main Studio	Main Studio	Main Studio	
Time:	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/Marcela	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	8:45 AM
Class:	Vinyasa Flow w/Melissa M.	Vinyasa Flow w/Tricia	Pop Up May 18: Hatha & Meditation w/Melissa	Vinyasa Flow w/Marcela	Soulful Slow Flow & Restore w/Susanne H.	Strong Vinyasa Flow w/Jen	Vinyasa Flow w/Melissa M.
Room:	Main Studio	Main Studio	Meditation Room	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	10:30 AM
Class:	Yin Yoga w/Melissa M.	Hatha Yoga w/Tricia	Pop Up May 18: Myofascial Release with the Roll Model® Method w/Melissa	New Hatha Yoga w/Marcela	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	Yoga Sculpt w/Jen
Room:	Main Studio	Main Studio	Meditation Room	Meditation Room	Main Studio	Main Studio	Main Studio
Afternoon Classes							
Time:	12:30PM	12:00 PM		12:00 PM		12:00 PM	
Class:	6 Week Beginners Yoga Series (drop in or attend all 6 classes) w/Melissa T.						Hatha Yoga w/Jen

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Evening Classes

Time:		4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM		4:30 PM	
Class:		Yoga Tone w/Marcela	Gentle Hatha Yoga w/Whitney	<i>New Time</i> Hatha w/Kat	<i>New Time</i> Bliss Out w/Angela	Yoga Tone w/Marcela	Yin Yoga w/Melissa M.	Gentle Hatha Yoga w/Erin	Strong Vibes for Strong Bones w/Angela	<i>New Pilates</i> Yoga Fusion 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	6:00 PM		6:30 PM		6:00PM		6:00PM	6:00PM		
Class:	Hatha Yoga w/Grady	Slow Flow w/Kristin		<i>New Time</i> Relax and Restore w/Melissa T.		<i>New</i> Vinyasa Flow w/Michelle G.		Gentle Hatha w/Abby	<i>New</i> Mantra Flow w/Melissa M.		Special Classes and Workshops
Room:	Main Studio	Main Studio		Meditation Room		Main Studio		Meditation Room	Main Studio		

Time:	6:00pm	7:15PM				7:15PM	7:15PM				
Class:	Special Classes and Workshops	Stretch and Restore w/Kristin				Yin Yoga w/Courtney	Gentle Yoga and Sound w/Celeste			Special Classes and Workshops	
Room:		Main Studio				Meditation Room	Main Studio				