Unplug & Be Mindful Yoga Center November Weekly Class Schedule

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time:		5:30 AM	5:30 AM	5:30 AM	5:30 AM	5:30 AM	
Class:		**Vinyasa Flow w/Whitney**	**Vinyasa Flow w/Jen**	**Yoga Sculpt w/Jen**	**Vinyasa Flow w/Kristin M.**	**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	7:00 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**	***New* Vinyasa Flow 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 / 8:45AM	8:45AM	8:45 AM / 8:45AM
Class:	**Vinyasa Flow w/Melissa M.**	**Vinyasa Flow w/Tricia**	**Hatha Yoga w/Marcela**	**Soulful Slow Flow & Restore w/Susanne H.**	**Hatha Yoga w/Jen** / **Yin and Myofascia Release w/Melissa M.**	**Vinyasa Flow w/Melissa M.**	**Hatha Yoga w/Tara D.** / **Vinyasa Flow w/Marcela**
Room:	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio / Meditation Room	Main Studio	Main Studio / Meditation Room
Time:	10:30 AM	10:30 AM	10:30 AM / 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**	**November Special Class: Himalayan Kriya and Kundalini w/Robin** / **Yoga Sculpt w/Jen**	**Hatha Yoga w/Erin**	**Yoga Sculpt w/Jen** / **Hatha and Meditation w/Monique**	**Hatha Yoga w/Melissa M.**	**Yoga Tone w/Marcela** / **Yin Yoga w/Courtney**
Room:	Main Studio	Main Studio	Meditation Room / Main Studio	Main Studio	Main Studio / Meditation Room	Main Studio	Main Studio / Meditation Room
Afternoon Classes							
Time:	12:15 PM	12:15 PM	12:15 PM	12:15PM		1:00 PM	
Class:	**Hatha Yoga w/Grady**	**Vinyasa Flow w/Amy**	**Vinyasa Flow w/Lee Marie**	**Restorative Yoga & Reiki w/Melissa M.**		**Hatha Yoga w/Jen**	

Class Info		Sunday	Monday		Tuesday		Wednesday	Thursday		Friday	Saturday
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:	**Workshops and Special Classes**		**Yoga Tone w/Marcela**	**Gentle Hatha Yoga w/Whitney**	**Hatha w/Kat**	**Yin w/Michele B.**	**Yoga Tone w/Marcela**	**Hatha Yoga w/Michele B.**	**Hatha Yoga w/Erin**		
Room:	Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio		
Time:								6:00PM		6:00PM	
Class:					**Community Classes and Pop Ups**			**Deep Rest and Reset with Yoga Nidra w/Michele B.**		**Idle Hour (6 Weeks) w/Laura (Last Class Nov.6th)**	**Special Classes and Workshops**
Room:										Meditation Room	
Time:			6:30PM		6:30PM			7:15PM	7:15PM		
Class:			**Soulful Slow Flow & Restore w/Kristin**		**Yin Yoga w/Melissa T.**			**Yin Yoga w/Courtney**	**Gentle Yoga and Sound w/Celeste**		
Room:			Main Studio		Meditation Room			Meditation Room	Main Studio		