

Unplug & Be Mindful Yoga Center October Weekly Class Schedule



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time:		5:30 AM		5:30 AM		5:30 AM	
Class:		Vinyasa Flow w/Whitney	Strong Vinyasa Flow w/Jen	Yoga Sculpt w/Jen	Vinyasa Flow w/Kristin M.	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	7:00 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	8:45AM	8:45 AM
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	New Yin and Myofascia Release- 10/15	Hatha Yoga w/Tara D.
Room:	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Meditation Room	Meditation Room
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	October Special Class: Himalayan Kriya and Kundalini w/Robin	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	New Hatha and Meditation w/Monique	Restore & Reset w/Michele
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Main Studio	Meditation Room
Afternoon Classes							
Time:	12:15 PM	12:15 PM	12:15 PM			1:00 PM	
Class:	New Hatha Yoga w/Grady	New Vinyasa Flow w/Amy	New Vinyasa Flow w/Lee Marie			Hatha Yoga w/Jen	

Class Info			Sunday	Monday	Tuesday		Wednesday	Thursday		Friday	Saturday	
Evening Classes												
Time: Class: Room:	4:30 PM			4:30 PM	4:30 PM	4:30 PM		4:30 PM	4:30 PM		4:30 PM	
	Workshops and Special Classes			Yoga Tone w/Marcela	Gentle Hatha Yoga w/Whitney	Hatha w/Kat		Yoga Tone w/Marcela	Hatha Yoga w/Michele B.	Hatha Yoga w/Erin	Yin w/Michele B.	Pilates Yoga Fusion w/ Michelle G.
		Main Studio			Main Studio	Meditation Room	Main Studio		Main Studio	Meditation Room		Main Studio
Time: Class: Room:					Community Classes and Pop Ups		5:45PM Vinyasa Flow w/Michelle G.		Community Classes and Pop Ups	6:00PM Idle Hour (6 Weeks) w/Laura	Special Classes and Workshops	
							Main Studio			Meditation Room		
Time: Class: Room:				6:30PM New Soulful Slow Flow & Restore w/Kristin		6:30PM Yin Yoga w/Melissa T.		7:15PM Yin Yoga w/Courtney	7:15PM Gentle Yoga and Sound w/Celeste			
				Main Studio		Meditation Room		Meditation Room	Main Studio			