

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	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- Starts 10/15	Vinyasa Flow w/Melissa M.
Room:	Main Studio	Main Studio	Main Studio	Main Studio	Main Studio	Meditation Room	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	October Special Class: Himalayan Kriya and Kundalini w/Robin	Yoga Sculpt w/Jen	Hatha Yoga w/Erin	New Hatha and Meditation w/Monique	Hatha Yoga w/Melissa M.
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio
Afternoon Classes							
Time:	12:15 PM	12:15 PM	12:15 PM	12:15PM		1:00 PM	
Class:	New Hatha Yoga w/Grady	New Vinyasa Flow w/Amy	New Vinyasa Flow w/Lee Marie	New Restorative Yoga & Reiki w/Melissa M. Starts 10/21		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	
	Workshops and Special Classes		Yoga Tone w/Marcela	Gentle Hatha Yoga w/Whitney	Hatha w/Kat	Yin w/Michele B. Starts 10/20	Yoga Tone w/Marcela	Hatha Yoga w/Michele B.	Hatha Yoga w/Erin
	Main Studio		Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio	Meditation Room	Main Studio
Time:						5:45PM	6:00PM	6:00PM	
				Community Classes and Pop Ups		Vinyasa Flow w/Michelle G.	Deep Rest and Reset with Yoga Nidra w/Michele B. Starts 10/22	Idle Hour (6 Weeks) w/Laura	Special Classes and Workshops
						Main Studio		Meditation Room	
Time:			6:30PM		6:30PM		7:15PM	7:15PM	
			New Soulful Slow Flow & Restore w/Kristin		Yin Yoga w/Melissa T.		Yin Yoga w/Courtney	Gentle Yoga and Sound w/Celeste	
			Main Studio		Meditation Room		Meditation Room	Main Studio	