

Updated Class Schedule Begins Oct. 1st

Sign up at unplugyoga.com or on the MindBody app.

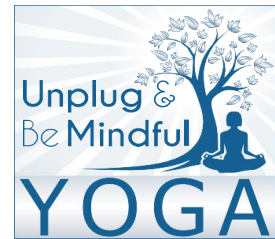
In Studio/Virtual

Virtual Only

Yoga in Nature

In Studio Only

696 Plain Street Marshfield, MA 339.526.9234



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am-6:45am Vinyasa Flow w/Tara			5:45am-6:45am Vinyasa Flow w/Tara	7:00am-8:00am Vinyasa Flow w/Amy	
	7:30am-8:30am Yoga at Rexhame Beach w/Melissa (weather permitting)	7:00am-8:00am Yoga Conditioning w/Weights w/Melissa	7:15am-8:00am Pranayama and Meditation w/Melissa	7:15am-8:00am Pranayama and Meditation w/Melissa	7:30am-8:30am Yoga at Rexhame Beach w/Melissa (weather permitting)	8:00am-9:00am Yoga at Rexhame Beach w/Melissa (weather permitting)
8:30am-9:45am All Levels Vinyasa Flow with Tricia G.	8:30am-9:45am Vinyasa Flow w/Tricia	8:30am-9:45am Vinyasa Flow w/ Marcela 9:30am-10:30am Gentle Yoga w/Tricia	8:30am-9:45am Vinyasa Flow w/ Melissa	8:30am-9:45am Vinyasa Flow w/Tricia	8:30am-9:45am Vinyasa Flow w/Tricia	8:30am-9:45am Vinyasa Flow w/ Marcela
10:15am-11:15am Yoga Tone w/Tricia G.	10:15am-11:15am Yoga Tone w/Tricia Noon Gentle Hatha w/Tricia	10:15am-11:15am Barre/Pilates W/ Marcela Noon Vinyasa Flow w/Marcela	10:15am-11:15am Gentle Hatha/Beginner Yoga w/Tricia Noon Yoga Tone w/Tricia	10:15am-11:15am Yoga Tone w/Tricia	10:15am-11:15am Yoga Conditioning wWeights with Melissa	10:15am-11:15am Barre/Pilates w/ Marcela
5:30pm-6:30pm Hatha/Vinyasa w/Melissa Class moves to 4:30pm October 11th w/Shanna B.	4:30pm-5:30pm Yoga for Strength and Stability Lisa	4:30pm-5:30pm Vinyasa Flow w/Tricia	4:30pm-5:30pm Gentle Flow w/Lisa 6:00pm-7:00pm Barre/Pilates w/Marcela	4:30pm-5:30pm Yoga for Strength and Stability Lisa 6:00pm-7:00pm Evening Flow w/Melissa		
7:00pm-8:15pm Yin Yoga w/Melissa	7:15pm-8:30pm Stretch and Restore w/Tara	YTT	7:15pm-8:15pm Hatha/Vinyasa w/Marcela	7:15pm-8:30pm Peaceful Yin Yoga w/Melissa	(B/A -2x month)	

Please sign up in advance. Doors will lock when class starts due to covid guidelines. Online classes require registration 15 minutes prior to ensure you receive the Zoom link. Please wear a mask into our building and until you get to your mat. Namaste