

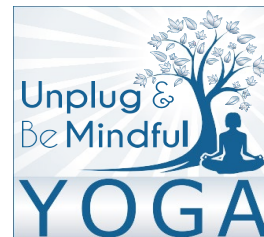
Download our new app available from Apple store or Google Play or sign up at [unplugyoga.com](http://unplugyoga.com).

**In Studio/Virtual**

**Virtual Only**

**In Studio Only**

696 Plain Street Marshfield, MA 339.526.9234



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am-6:45am <b>Vinyasa Flow</b> w/Tara			5:45am-6:45am <b>Vinyasa Flow</b> w/Tara		
	7:30am-8:00am <b>Meditation &amp; Distant Reiki</b> w/Melissa	7:30am-8:30am <b>Yoga Conditioning w/weights &amp; resistance bands</b> w/Melissa	7:00am-8:00am <b>Yin</b> w/Angela	7:30am-8:00am <b>Meditation &amp; Distant Reiki</b> w/Melissa	7:00am-8:00am <b>Yin</b> w/Melissa (covering for Amy through March 12 <sup>th</sup> )	7:30am-8:30am <b>Yoga Conditioning w/weights &amp; resistance bands</b> w/Melissa
8:45am-10:00am <b>Vinyasa Flow</b> with Melissa	8:45am-10:00am <b>Vinyasa Flow</b> w/Tricia	8:45am-10:00am <b>Vinyasa Flow</b> w/ Marcela	8:45am-10:00am <b>Hatha Vinyasa Flow w/Meditation</b> w/ Melissa	8:45am-10:00am <b>Vinyasa Flow</b> w/Tricia	8:45am-10:00am <b>Hatha Vinyasa Flow w/Meditation</b> w/Melissa	8:45am-10:00am <b>Vinyasa Flow</b> w/ Marcela
10:30am-11:45am <b>Yin Yoga</b> w/Melissa	10:30am-11:45am <b>Hatha Yoga</b> w/Tricia  <b>Noon Yoga Tone</b> w/Tricia	10:30am-11:45am <b>Yin Yoga</b> w/Marcela  <b>Noon Barre/Pilates</b> w/Marcela	10:30am-11:45am <b>Vinyasa Flow</b> w/Tricia	10:30am-11:30am <b>Yoga Tone</b> w/Tricia	10:30am-11:45am <b>Stretch &amp; Restore</b> with Tricia	10:30am-11:30am <b>One Hour Flow</b> w/ Marcela
4:30pm-5:45pm <b>Hatha Vinyasa Flow</b> w/Shanna	4:30pm-5:30pm <b>Yoga for Strength and Stability</b> Lisa	4:30pm-5:45pm <b>Vinyasa Flow</b> w/Tricia	5:45 pm-6:45pm <b>Barre/Pilates</b> w/Marcela	4:30pm-5:45pm <b>Yoga for Strength and Stability</b> Lisa New!  5:30pm-6:30pm <b>Hatha Yoga</b> w/ Vanessa		Special Classes and Workshops
6:30pm-7:45pm <b>Yoga for Deep Relaxation</b> <b>NEW!</b> w/Beverly	7:15pm-8:30pm <b>Stretch and Restore</b> w/Tara	YTT	7:15pm-8:30pm <b>Evening Flow</b> w/Marcela	7:00pm-8:15pm <b>Restorative Yin Yoga</b> w/Vanessa	Special Classes and Workshops	

Please sign up in for classes in advance as space is limited to 10 mats due to covid guidelines. Doors will lock when class starts. Namaste