

***Changes begin February 2/21/2021**

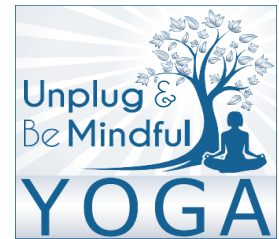
Sign up at unplugyoga.com or download our new app available from Apple store or Google Play.

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 Vinyasa Flow w/Tara			5:45am-6:45am Vinyasa Flow w/Tara		
	7:30am-8:00am Meditation & Distant Reiki w/Melissa	7:30am-8:30am Yoga Conditioning w/weights & resistance bands w/Melissa	7:00am-8:00am Yin w/Angela	7:30am-8:00am Meditation & Distant Reiki w/Melissa	7:00am-8:00am Yin w/Melissa (covering for Amy through March 12 th)	7:30am-8:30am Yoga Conditioning w/weights & resistance bands w/Melissa
8:45am-10:00am Vinyasa Flow with *Melissa	8:45am-10:00am Vinyasa Flow w/Tricia	8:45am-10:00am Vinyasa Flow w/ Marcela	8:45am-10:00am Hatha Vinyasa Flow w/Meditation w/ Melissa	8:45am-10:00am Vinyasa Flow w/Tricia	8:45am-10:00am Hatha Vinyasa Flow w/Meditation w/Melissa	8:45am-10:00am Vinyasa Flow w/ Marcela
10:30am-11:45am *Yin Yoga w/Melissa	10:30am-11:45am Hatha Yoga w/Tricia	10:30am-11:45am Yin Yoga w/Marcela	10:30am-11:45am Vinyasa Flow w/Tricia	10:30am-11:30am Yoga Tone w/Tricia	10:30am-11:45am Stretch & Restore with Tricia	10:30am-11:30am One Hour Flow w/ Marcela
	Noon Yoga Tone w/Tricia	Noon Barre/Pilates w/Marcela				
4:30pm-5:45pm Hatha Vinyasa Flow w/Shanna	4:30pm-5:30pm Yoga for Strength and Stability Lisa	4:30pm-5:45pm Vinyasa Flow w/Tricia	5:45 pm-6:45pm Barre/Pilates w/Marcela	4:30pm-5:30pm Yoga for Strength and Stability Lisa New! 5:30pm-6:30pm Hatha Yoga w/ Vanessa		Special Classes and Workshops
6:30pm-7:45pm *Yin w/Beverly	7:15pm-8:30pm Stretch and Restore w/Tara	YTT	7:15pm-8:30pm Vinyasa w/Marcela	7:00pm-8:15pm Restorative Yin Yoga 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