

July Class Schedule 2021

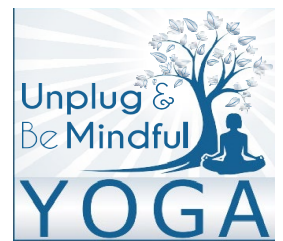
Sign up at unplugyoga.com or download our new app available from Apple store or Google Play.

Virtual Only

In Studio Only

Outdoor Classes (weather permitting)

696 Plain Street Marshfield, MA 339.526.9234



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am-6:45am Vinyasa Flow w/Tara	5:00am-6:00am Vinyasa Flow w/Jen	5:00am-6:00am Yoga Sculpt w/Jen	5:45am-6:45am Vinyasa Flow w/Tara	5:00am-6:00am Vinyasa Flow w/Jen	7:30am-8:30am Yoga Conditioning w/Jen
	7:30am-8:30am Beach Yoga at Rexhame w/Melissa	7:00am-8:00am Yoga Sculpt w/Jen 8:00am-9:00am Virtual Vinyasa w/Melissa	7:00am-8:00am Yin Yan Fusion w/Angela 8:15am-8:45am Guided Meditation w/Melissa	7:00am-8:00am Yoga Sculpt w/Jen 8:00am-9:00am Virtual Vinyasa w/Melissa	7:00am-8:00am Vinyasa Flow w/Melissa 8:15am-8:45am Guided Meditation w/Melissa	7:30am-8:30am Beach Yoga at Rexhame w/Melissa No Class 7/3
8:00am-9:15am Vinyasa Flow w/Meditation w/Melissa 9:30am-10:45am Yin Yoga w/Melissa	9:00am-10:15am Vinyasa Flow w/Tricia	9:00am-10:15am Vinyasa Flow w/ Marcela	9:00am-10:15am Vinyasa Flow w/ Melissa	9:00am-10:15am Vinyasa Flow w/Tricia	9:00am-10:15am Vinyasa Flow w/Melissa	8:45am-10:00am Vinyasa Flow w/ Marcela
	10:30am-11:45am Gentle Yoga w/Tricia	10:30am-11:45am Gentle Yoga w/Marcela	10:30am-11:45am Gentle Yoga w/Tricia	10:30am-11:30am Yoga Tone w/Tricia	10:30am-11:45am Stretch & Restore with Tricia	10:30am-11:30am Barre/Pilates w/ Marcela
5:30pm-6:45pm Evening Vinyasa Flow w/Shanna	5:30pm-6:30pm Prenatal Yoga w/Angela		6:00 pm-7:00pm Barre/Pilates w/Marcela	5:30pm-6:30pm Prenatal Yoga w/Angela		
Wellness Workshops and Special Classes 7pm Varies Weekly	7:15pm-8:30pm Stretch and Restore w/Tara	Wellness Workshops and Special Classes 6:30pm Varies Weekly	7:30pm-8:30pm Evening Flow w/Marcela 7:00pm-7:45pm Yoga Nidra w/Melissa	7:00pm-8:15pm Restorative Yin Yoga w/Vanessa	July 9 th 6:30pm-7:45pm New Moon Practice w/Angela	