

May Class Schedule 2021

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

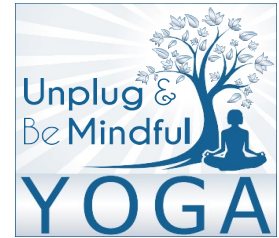
In Studio/Virtual

Virtual Only

Outdoor Classes (weather permitting)

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	5:00am-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 Sculpt w/Jen
	7:30am-8:30am Beach Yoga at Rexhame Starts 5/10 w/Melissa	7:30am-8:30am Yoga Sculpt w/Melissa	7:00am-8:00am Yin w/Angela	7:30am-8:30am Yoga Sculpt w/Melissa	7:00am-8:00am Vinyasa Flow w/Amy	5/15 8:00am-9:00am Beach Yoga at Rexhame 5/22 Yoga at Couch Beach 8:30am-10:00am
8:45am-10:00am Vinyasa Flow with Melissa	9:00am-10:15am Vinyasa Flow w/Tricia 10:00am-11:00am Chair Yoga w/Angela Starts 4/26	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 Yin Yoga w/Melissa	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 Flow w/Shanna	4:30pm-5:45pm Yoga for Strength and Stability Lisa	4:30pm-5:45pm Vinyasa Flow w/Tricia	4:30pm-5:30pm Chair Yoga w/Angela 6:00 pm-7:00pm Barre/Pilates w/Marcela	4:30-5:45pm Gentle Flow w/Lisa		
May 23 rd Essential Spa Class w/Beverly 7:00pm-8:15pm	7:15pm-8:30pm Stretch and Restore w/Tara	May 11 th , 18 th Tantra Hatha Moon Practice 7:00pm-8:15pm w/Melissa May 25 th Vibrational Sound Cleanse 6:30pm-7:45pm w/Tara and Tricia	7:30pm-8:30pm Evening Flow w/Marcela	7:00pm-8:15pm Restorative Yin Yoga w/Vanessa	May 7 th New Moon Practice w/Angela 6:30pm-7:45pm	