

November 2020 Class Schedule Begins

Monday November 2nd

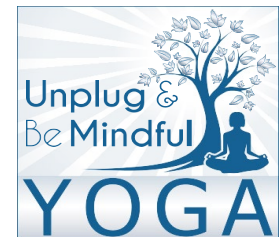
Sign up at unplugyoga.com or on the MindBody app.

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 Pranayama and Meditation w/Melissa	7:00am-8:00am Yoga Conditioning w/Weights w/Melissa	7:00am-8:00am Yin w/Angela	7:30am-8:00am Pranayama and Meditation w/Melissa	7:00am-8:00am Vinyasa Flow w/Amy	
8:45am-10:00am Vinyasa Flow with Tricia G.	8:45am-10:00am Vinyasa Flow w/Tricia	8:45am-10:00am Vinyasa Flow w/ Marcela	8:45am-10:00am Vinyasa Flow w/ Melissa	8:45am-10:00am Vinyasa Flow w/Tricia	8:45am-10:00am Vinyasa Flow w/Melissa	8:30am-9:45am Vinyasa Flow w/ Marcela
10:30am-11:30am Hatha Yoga w/Tricia	10:30am-11:45am Hatha Yoga w/Tricia	10:30am-11:45am Hatha Yoga w/Marcela	10:30am-11:45am Gentle Hatha/Beginner's Yoga w/Tricia	10:30am-11:30am Yoga Tone w/Tricia	10:30am-11:45am Stretch & Restore with Tricia	10:15am-11:15am Barre/Pilates w/ Marcela
	Noon Yoga Tone w/Tricia	Noon Barre/Pilates w/Marcela	Noon Vinyasa w/Tricia	Noon Yoga Break w/Lisa New!		
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	4:30pm-5:30pm Gentle Hatha Yoga New! w/Tricia	4:30pm-5:45pm Vinyasa Flow w/Beverly New! Starts November 12th		
			6:00pm-7:00pm Barre/Pilates w/Marcela			
6:30pm-7:45pm Yin Yoga w/Melissa New Time	7:15pm-8:30pm Stretch and Restore w/Tara	YTT	7:15pm-8:15pm Hatha/Vinyasa w/Marcela	7:00pm-8:15pm Peaceful Yin Yoga w/Melissa	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. 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