

# October 2020 Class Schedule

Sign up at [unplugyoga.com](http://unplugyoga.com) or on the MindBody app.

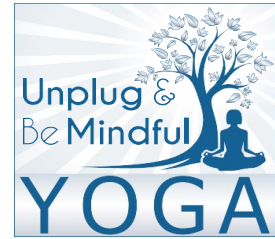
In Studio/Virtual

Virtual Only

Yoga in Nature

In Studio Only

696 Plain Street Marshfield, MA 339.526.9234



| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|---|--|--|---|---|--|--|
|   | 5:45am-6:45am<br><b>Vinyasa Flow</b><br>w/Tara                                     |  |   | 5:45am-6:45am<br><b>Vinyasa Flow</b><br>w/Tara                  | 7:00am-8:00am<br><b>Vinyasa Flow</b><br>w/Amy                                      |  |
|   | 7:30am-8:30am<br><b>Yoga at Rexhame Beach</b><br>w/Melissa<br>(weather permitting) | 7:00am-8:00am<br><b>Yoga Conditioning</b><br>w/Melissa | 7:00am-8:00am<br><b>Slow Flow Yoga</b><br>w/Angela<br><b>New!</b><br><b>Starts October 14th</b> | 7:15am-8:00am<br><b>Pranayama and Meditation</b><br>w/Melissa   | 7:30am-8:30am<br><b>Yoga at Rexhame Beach</b><br>w/Melissa<br>(weather permitting) | 8:00am-9:00am<br><b>Yoga at Rexhame Beach</b><br>w/Melissa<br>(weather permitting) |
| 8:30am-9:45am<br><b>All Levels Vinyasa Flow</b><br>with Tricia G. | 8:30am-9:45am<br><b>Vinyasa Flow</b><br>w/Tricia                                   | 8:30am-9:45am<br><b>Vinyasa Flow</b><br>w/ Marcela     | 8:30am-9:45am<br><b>Vinyasa Flow</b><br>w/ Melissa  | 8:30am-9:45am<br><b>Vinyasa Flow</b><br>w/Tricia                | 8:30am-9:45am<br><b>Vinyasa Flow</b><br>w/Tricia                                   | 8:30am-9:45am<br><b>Vinyasa Flow</b><br>w/ Marcela                                 |
|   |  | 9:30am-10:30am<br><b>Gentle Yoga</b><br>w/Tricia       |   |   |  |  |
| 10:15am-11:15am<br><b>Yoga Tone</b><br>w/Tricia G.                | 10:15am-11:15am<br><b>Yoga Tone</b><br>w/Tricia                                    | 10:15am-11:15am<br><b>Barre/Pilates</b><br>W/ Marcela  | 10:15am-11:15am<br><b>Gentle Hatha/Beginner Yoga</b><br>w/Tricia                                | 10:15am-11:15am<br><b>Yoga Tone</b><br>w/Tricia                 | 10:15am-11:15am<br><b>Yoga Conditioning</b><br>wWeights<br>with Melissa            | 10:15am-11:15am<br><b>Barre/Pilates</b><br>w/ Marcela                              |
|   | <b>Noon Gentle Hatha</b><br>w/Tricia   | <b>Noon Vinyasa Flow</b><br>w/Marcela                  | <b>Noon Yoga Tone</b><br>w/Tricia   |   |  |  |
| 5:30pm-6:30pm<br><b>Hatha/Vinyasa</b><br>w/Melissa                | 4:30pm-5:30pm<br><b>Yoga for Strength and Stability</b><br>Lisa                    | 4:30pm-5:30pm<br><b>Vinyasa Flow</b><br>w/Tricia       | 4:30pm-5:30pm<br><b>Gentle Flow</b><br>w/Lisa   | 4:30pm-5:30pm<br><b>Yoga for Strength and Stability</b><br>Lisa |  |  |
| <b>Class moves to 4:30pm October 11th</b><br>w/Shanna B.          |  |  | 6:00pm-7:00pm<br><b>Barre/Pilates</b><br>w/Marcela  |   |  |  |
| 7:00pm-8:15pm<br><b>Yin Yoga</b><br>w/Melissa                     | 7:15pm-8:30pm<br><b>Stretch and Restore</b><br>w/Tara                              | YTT  | 7:15pm-8:15pm<br><b>Hatha/Vinyasa</b><br>w/Marcela  | 7:15pm-8:30pm<br><b>Peaceful Yin Yoga</b><br>w/Melissa          |  |  |

Please sign up in advance. Doors will lock when class starts due to covid guidelines. 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