

# Unplug & Be Mindful Yoga Summer Schedule

Schedule begins June 25th, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning Schedule</b>						
	6:00am-7:00am <b>Vinyasa Flow</b> (All levels) Tara McCarthy					
	8:00am-9:00am <b>Core &amp; Glutes Flow</b> Melissa McKim			8:30am-9:45am <b>Vinyasa Flow</b> (All levels) Tricia Glynn	7:00am-8:00am <b>Sunrise Yoga Flow</b> Tara McCarthy	8:00am-9:15am <b>Yin Yan Fusion Flow</b> Melissa McKim
9:00am-10:15am <b>Vinyasa Flow</b> (All levels) Tricia Glynn	9:15am-10:15am <b>Yoga &amp; Mindfulness Youth Athletes</b> (Ages 12+) Melissa McKim	9:00am-10:00am <b>Vinyasa Flow</b> (All levels) Tricia Glynn	9:00am-10:15am <b>Yoga Conditioning With Weights</b> Melissa McKim	10:00am-11:15am <b>Yin Yoga</b> Melissa McKim	9:00am-10:00am <b>Vinyasa Flow</b> (All levels) Tricia Glynn	9:30am-10:30am <b>Yoga Conditioning With Weights</b> Melissa McKim
	10:30am-11:30am <b>Pilates Yoga Fusion</b> Kelly Dwight	10:30am-11:45am <b>Stretch &amp; Restorative Yoga</b> Tricia Glynn	10:30am-11:30am <b>Pilates Yoga Fusion</b> Kelly Dwight	11:30am-12:30pm <b>Yoga &amp; Mindfulness Youth Athletes</b> (Ages 7-11) Melissa McKim	10:30am-11:30am <b>Pilates Yoga Fusion</b> Kelly Dwight	
<b>Afternoon Schedule</b>						
	6:00pm-7:00pm <b>Barre at the Wall</b> Marcella H.	5:30pm-6:45pm <b>Prenatal Yoga</b> Angela O.	6:00pm-7:15pm <b>Stretch &amp; Restorative Yoga</b> Kat Twigg	6:00pm-7:00pm <b>Zumba (NEW!)</b> Justine H.		
	7:15pm-8:30pm <b>Stretch and Restorative Yoga</b> Tara McCarthy	7:00pm-8:15pm <b>Vinyasa Flow</b> Amber Gregory	7:30pm-8:30pm <b>Vinyasa Flow</b> (All levels) Emily Radziwon	7:15pm-8:30pm <b>Yin Yoga</b> Melissa McKim		
<b>Evening Workshops and Special Classes/ Chi Flow</b>					<b>Evening Workshops and Special Classes/ Chi Flow</b>	