

Unplug & Be Mindful Yoga Fall Schedule

Schedule begins September 4th, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Schedule						
	6:00am-7:00am Vinyasa Flow Tara McCarthy		8:00am-9:00am Yoga Barre Fusion Katherine Rossmoore		7:00am-8:00am Sunrise Yoga Tara McCarthy	8:00am-9:15am Yin Yan Fusion Melissa McKim
9:00am-10:15am Vinyasa Flow Tricia Glynn	7:30am-8:45am Strength Building Hatha Yoga Melissa McKim	9:00am-10:15am Vinyasa Flow Tricia Glynn		9:00am-10:00am Vinyasa Flow Tricia Glynn	9:00am-10:15am Vinyasa Flow Tricia Glynn	
	9:00am-10:15am Yin Yan Fusion Linda Evans		9:15am-10:30am Hatha Yoga Melissa McKim			9:30am-10:45am Yoga Conditioning With Weights (Optional) Melissa McKim
10:30am-11:30am Meditation Techniques Tricia Glynn	10:30am-11:30am Pilates Yoga Fusion Kelly Dwight	10:30am-11:45am Stretch & Restorative Yoga Tricia Glynn	10:45am-11:45am Pilates Yoga Fusion Kelly Dwight	10:30am-11:45am Yin Yoga Melissa McKim	10:30am-11:30am Pilates Yoga Fusion Kelly Dwight	
Afternoon Schedule						
				3:00pm-4:00pm Yoga & Mindfulness Youth Athletes (Ages 12+) Melissa McKim		
4:30pm-5:30pm Yoga & Mindfulness Youth Athletes (Ages 7-11) Melissa McKim	5:45pm-6:45pm Vinyasa Flow Carol Ferrera		4:30pm-5:45pm Gentle Hatha Yoga Linda Evans	4:30pm-5:30pm Zumba Justine	4:30pm-5:30pm Yoga Barre Fusion Danielle Ferreira	
6:00pm-7:15pm Yin Yoga Melissa McKim			6:00pm-7:15pm Stretch and Restorative Yoga Kat Twigg	6:00pm-7:00pm Hatha Yoga Melissa McKim		
	7:15pm-8:30pm Stretch and Restorative Yoga Tara McCarthy	7:00pm-8:15pm Vinyasa Flow Amber Gregory	7:30pm-8:30pm Vinyasa Flow Emily Radziwon	7:15pm-8:30pm Yin Yoga Melissa McKim		
Classes are All Levels . Beginners will be given modification and Advanced practitioners will be given Variations.						