

Unplug & Be Mindful Yoga Summer Schedule

Schedule begins June 25th, 2018

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