

**Week 1: Monday June 9 - Sunday June 15**

**MON 6/9**

Pilates Mat / Barre  
Jill  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

Zumba! Kids  
Silvia  
**3:30-4:15 kids**  
**4:30-5:15pm families**

**TUES 6/10**

Beginning / L1 Hatha  
& Sun Salutes\*  
Phoenix  
**9:15-10:30AM**

for kids and families  
**3:30-4:30, 4:30-5:30PM**  
Congolese Dance  
w/ live drumming  
Loubayi  
**Adults 6:00-7:15PM**

**WED 6/11**

Hatha Flow\*  
Phoenix  
**9:15-10:30AM**

Family Yoga  
Nesya  
**3:30-4:15PM**  
**4:30-5:15PM**

**THURS 6/12**

Pilates Mat\*  
Jill  
**9-10AM**

Capoeira  
Moises "Cipo"  
**3:15 - 4PM kids**  
**4:15-5PM kids,**  
**5:30-6:30PM Families**

Meditation (by donation, no passes)  
Watsonville Insight  
**7:00-8:00PM**

**FRI 6/13**

Vinyasa Flow\*  
Jackie  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

**SAT 6/14**

Barre / Pilates  
Jill  
**9-10:15AM**

Zumba! Families  
\*Pinto Lake CP with Viri  
**9:30-10:30AM**

Bellydance  
Jill  
**10:30-11:30AM**

Guinea Dance  
& Drums  
Mohamed  
**12-1:30PM**

**SUN 6/15**

Vinyasa Flow +  
Deep Stretch\*  
Nesya  
**9-10:15AM**

**\*indicates hybrid (in-person and ZOOM)**

734 East Lake Avenue, #19-20 upstairs  
Watsonville, CA 95076 tel: 831-713-9843

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Week 2: Monday June 16 - Sunday June 22

**MON 6/16**

Pilates Mat / Barre  
Jill  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

Zumba! Kids  
Silvia  
**3:30-4:15 kids**  
**4:30-5:15pm families**

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**TUES 6/17**

Beginning / L1 Hatha  
& Sun Salutes\*  
Phoenix  
**9:15-10:30AM**

**3:30-4:30PM families**  
**4:30-5:30PM families**  
Congolese Dance  
w/ live drumming  
Loubayi  
**Adults 6:00-7:15PM**

**WED 6/18**

Hatha Flow\*  
Phoenix  
**9:15-10:30AM**

Family Yoga  
Nesya  
**3:30-4:15PM**  
**4:30-5:15PM**

**THURS 6/19**

Pilates Mat\*  
Jill  
**9-10AM**

Capoeira  
Moises "Cipo"  
**3:15-4PM kids**  
**4:15-5PM kids**  
**5:30-6:30PM Families**

Meditation (by donation, no passes)  
Watsonville Insight  
**7:00-8:00PM**

**FRI 6/20**

Vinyasa Flow\*  
Jackie  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

**SAT 6/21**

Barre / Pilates  
Jill  
**9-10:15AM**

Zumba! Families  
\*Pinto Lake CP with Viri  
**9:30-10:30AM**

Bellydance  
Jill  
**10:30-11:30AM**

Guinea West Africa  
Dance & Drums  
Mohamed  
**12-1:30PM**

**SUN 6/22**

Vinyasa Flow +  
Deep Stretch\*  
Nesya  
**9-10:15AM**



**Week 3: Monday June 23 - Sunday June 29**

**MON 6/23**

Pilates Mat / Barre  
Jill  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

Zumba! Kids  
Silvia  
**3:30-4:15 kids**  
**4:30-5:15pm families**

**TUES 6/24**

Beginning / L1 Hatha  
& Sun Salutes\*  
Phoenix  
**9:15-10:30AM**

Latin Dance  
& Percussion  
Kevin  
**4-5PM rhythm**  
**5:15-6PM dance**

**WED 6/25**

Hatha Flow\*  
Phoenix  
**9:15-10:30AM**

Family Yoga  
Nesya  
**3:30-4:15PM**  
**4:30-5:15PM**

**THURS 6/26**

Pilates Mat\*  
Jill  
**9-10AM**

Capoeira  
Moises "Cipo"  
**3:15-4PM kids**  
**4:15-5PM kids,**  
**5:30-6:30PM Families**

Meditation (by donation, no passes)  
Watsonville Insight  
**7:00-8:00PM**

**FRI 6/27**

Vinyasa Flow\*  
Jackie  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

**SAT 6/28**

Barre / Pilates  
Jill  
**9-10:15AM**

Zumba! Families  
\*Pinto Lake CP with Viri  
**9:30-10:30AM**

Bellydance  
Jill  
**10:30-11:30AM**

**SUN 6/29**

Vinyasa Flow +  
Deep Stretch\*  
Nesya  
**9-10:15AM**

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**Week 4: July 28 - Sunday August 3**

**MON 7/28**

Pilates Mat / Barre  
Jill  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

**TUES 7/29**

Beginning / L1 Hatha  
& Sun Salutes\*  
Phoenix  
**9:15-10:30AM**

Latin Dance  
& Percussion  
Kevin  
**4-5PM rhythm**  
**5:15-6PM dance**

**WED 7/30**

Hatha Flow\*  
Phoenix  
**9:15-10:30AM**

**THURS 7/31**

Pilates Mat\*  
Jill  
**9-10AM**

Capoeira  
Moises "Cipo"  
**3:15-4PM kids**  
**4:15-5PM kids,**  
**5:30-6:30PM Families**

Meditation (by donation, no passes)  
Watsonville Insight  
**7:00-8:00PM**

**FRI 8/1**

Vinyasa Flow\*  
Jackie  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

**SAT 8/2**

Barre / Pilates  
Jill  
**9-10:15AM**

Zumba! Families  
\*Pinto Lake CP with Viri  
**9:30-10:30AM**

Bellydance  
Jill  
**10:30-11:30AM**

Capoeira  
Bryn  
**1 - 2PM,**  
**2:15-3:15PM**

**SUN 8/3**

Vinyasa Flow +  
Deep Stretch\*  
Nesya  
**9-10:15AM**

1st Sunday only  
Yoga philosophy by MMC  
**11AM-1PM**

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**Week 5: Monday August 4 - Sunday August 10**

**MON 8/4**

Pilates Mat / Barre  
Jill  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

**TUES 8/5**

Beginning / L1 Hatha  
& Sun Salutes\*  
Phoenix  
**9:15-10:30AM**

Latin Dance  
& Percussion  
Kevin  
**4-5PM rhythm**  
**5:15-6PM dance**

Congolese Dance  
w/ live drumming  
Loubayi  
**Families welcome**  
**6:00-7:15PM**

**WED 8/6**

Hatha Flow\*  
Phoenix  
**9:15-10:30AM**

Capoeira Kids & families  
Bryn  
**1 - 2PM**  
**2:15- 3:15PM**

**THURS 8/7**

Pilates Mat\*  
Jill  
**9-10AM**

Capoeira  
Moises "Cipo"  
**3:15-4PM kids**  
**4:15-5PM kids,**  
**5:30-6:30PM Families**

Meditation (by donation, no passes)  
Watsonville Insight  
**7:00-8:00PM**

**FRI 8/8**

Vinyasa Flow\*  
Jackie  
**9-10:15AM**

Gentle / Seniors\*  
Phoenix  
**10:45AM-12PM**

**SAT 8/9**

Barre / Pilates  
Jill  
**9-10:15AM**

Zumba! Families  
\*Pinto Lake CP with Viri  
**9:30-10:30AM**

Bellydance  
Jill  
**10:30-11:30AM**

Guinea, West Africa  
Dance & Drums  
Mohamed  
**12-1:30PM**

**SUN 8/10**

Vinyasa Flow +  
Deep Stretch\*  
Nesya  
**9-10:15AM**

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