

**MONDAY**

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

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

**TUESDAY**

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

Congolese  
African Dance  
Loubayi  
**6:00-7:15PM**

**WEDNESDAY**

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

Hatha Yoga  
Kristin  
**6:00-7:15PM**  
(by donation/pass)

**THURSDAY**

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

Children's Capoeira  
Moises "Cipo"  
**4:15-5PM**

Slow Flow (March only)  
Angela  
**5:30-6:45PM**

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

**FRIDAY**

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

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

**SATURDAY**

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

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

**SUNDAY**

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

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

**Mar 16 Bellydance 11AM**  
**Mar 16 Laughter Yoga 2PM**  
**Mar 30 Drumming 11AM**

Sound Healing  
Simmy and Miguel  
**6 - 7:30PM**  
**Mar 23, Apr 27**  
\$35 / \$40 at door

\*indicates hybrid (in-person and ZOOM)

This schedule was updated on 2/27/2025

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**Learn more at [WWW.WATSONVILLE.YOGA](http://WWW.WATSONVILLE.YOGA)**

