

MONDAY

Pilates Mat*
Jill
9-10AM

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

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*
Alisha
9-10:15AM

Sound Healing
Simmy and Miguel
6 - 7:30PM
Jan 19, Feb 9
\$35 / \$40 at door

*indicates hybrid (in-person and ZOOM)

This schedule was updated on 1/12/2025

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Learn more at WWW.WATSONVILLE.YOGA

