

MONDAY

Pilates Mat / Barre
Jill
9-10:15AM

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

Children's Capoeira
Ages 4-12 years
Moises "Cipo"
4:45 - 5:30PM

TUESDAY

Beginning / L1 Hatha
& Sun Salutes*
Henry
9-10:15AM

Congolese Drum Class**
Kinzoni
5 - 6PM

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

WEDNESDAY

Hatha Flow*
Angela
9-10:15AM

THURSDAY

Pilates Mat*
Jill
9 - 10AM

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

Meditation (by donation, no passes)
Watsonville Insight
7 - 8:30PM

FRIDAY

Vinyasa Flow
Jackie
9-10:15AM

SATURDAY

Pilates / Barre
Jill
9-10:15AM

Bellydance
Jill
10:30-11:30AM

Special class on 12/6
10:30-11:45AM
Bellydance Veil & Candles
with Jacqui Wong, \$25

SUNDAY

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

*indicates hybrid (in-person and ZOOM)

** \$25 drop-in payable to drum teacher, series of 4 for \$80

***\$20 drop-in, \$5 tip to drummers

This schedule was updated on 11/12/25

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Learn more at WWW.WATSONVILLE.YOGA

