

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

**WEDNESDAY**

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

Community Song  
Circle for Justice  
**6:00-7:15PM**  
by donation  
\*3/26, 4/23, and  
5/21 only

**THURSDAY**

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

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

Slow Flow  
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 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 3/21/2025

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

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

