

MONDAY

Pilates Mat*
Jill
9-10AM

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

Vinyasa Yoga*
Jackie
6:30-7:30PM

TUESDAY

Beginning Yoga*
Phoenix
9:15-10:30AM

WEDNESDAY

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

Intro to Yoga
Henry
6-7:15PM

THURSDAY

Pilates Mat*
Jill
9-10AM

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

Meditation (by donation, no passes)
Watsonville Insight
6:30-7:30PM

FRIDAY

Vinyasa Flow*
Danielle
9-10:15AM

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

SATURDAY

Vinyasa Flow*
Kristin
9-10:15AM

ZUMBA!
Viri / Silvia
Pinto Lake County Park***
10-11AM

SUNDAY

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

*indicates hybrid (in-person and ZOOM)

***Zumba is held at 757 Green Valley Road, \$10

This schedule was updated on 8/15/24

734 East Lake Avenue, #16 upstairs
Watsonville, CA 95076 tel: 831-713-9843

Learn more at WWW.WATSONVILLE.YOGA

