

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
4:15-5PM
Adult Capoeira
5:15-6:30PM with "Cipo" Moises

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

Hatha Flow*
Kristin
9-10:15AM

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

Bellydance Technique
Jill (starts 10/5)
10:45AM-11:45AM

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 9/21/24

734 East Lake Avenue, #19-20 upstairs
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Learn more at WWW.WATSONVILLE.YOGA

