

DUE TO SPACE LIMITS, WE RECOMMEND PRE-REGISTERING FOR YOUR CLASS - NO REFUNDS WILL BE MADE

MONDAY

Pilates Mat*
Jill
9-10AM

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

Vinyasa
Jackie
6:30-7:30PM

TUESDAY

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

All-levels Vinyasa
Neive
6-7:15PM

WEDNESDAY

Hatha Flow*
Neive
9:15-10:15AM

Slow Flow +
Restorative*
Charlene
6-7PM

THURSDAY

Pilates Mat*
Jill
9-10AM

Children's Capoeira
4:15-5PM
Adult Capoeira
5:15-6:15PM
Cipo" Moises

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

FRIDAY

Vinyasa Flow*
Beth
9-10:15AM

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

SATURDAY

Vinyasa Flow*
Danielle
9-10:15AM

SUNDAY

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

*indicates hybrid (in-person and ZOOM)

This schedule was updated on 7/19/23
734 East Lake Avenue, #16 upstairs
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Learn more at WWW.WATSONVILLE.YOGA

