

**MONDAY**

Pilates Mat / Barre  
Jill  
**9-10:15AM**

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

Children's Capoeira  
Ages 4-12 years  
Bryn "Tigresa"  
**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, \$20 drop in  
**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**

**SUNDAY**

Vinyasa +  
Deep Stretch\*  
Phoenix  
**9-10:15AM**

**SUNDAY EVENTS:**

**March 22**  
**6 - 7:30PM**  
Sound Healing  
with Jazz Lei Amora  
\$40/\$35 pre-event

**March 29**  
Bellydance benefit  
PV Loaves & Fishes  
at El Vaquero Winery  
\$15, reserve at

**reservations.elvaquerowinery.com**

\*indicates hybrid (in-person and ZOOM)

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

**This schedule was updated on 2/12/26**

734 East Lake Avenue, #19-20 upstairs  
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**Learn more at [WWW.WATSONVILLE.YOGA](http://WWW.WATSONVILLE.YOGA)**

