

| <u>MONDAY</u>  | <u>TUESDAY</u>   | <u>WEDNESDAY</u>  | <u>THURSDAY</u>                         | <u>FRIDAY</u>   | <u>SATURDAY</u>                             | <u>SUNDAY</u>   |
|--|--|---|---|---|---|---|
| Pilates Mat / Barre<br>Jill<br><b>9-10:15AM</b>                                  | Beginning / L1 Hatha & Sun Salutes*<br>Henry<br><b>9-10:15AM</b> | Hatha Flow*<br>Angela<br><b>9-10:15AM</b>   | Pilates Mat*<br>Jill<br><b>9 - 10AM</b> | Vinyasa Flow<br>Jackie<br><b>9-10:15AM</b>                                      | Pilates / Barre<br>Jill<br><b>9-10:15AM</b> | Vinyasa + Deep Stretch*<br>Phoenix<br><b>9-10:15AM</b>  |
| Gentle / Seniors*<br>Phoenix<br><b>10:45AM-12PM</b>                              |  |   |   | Gentle / Seniors*<br>Phoenix<br><b>10:45AM-12PM</b>                             |   | Bellydance<br>Jill<br><b>10:30-11:30AM</b>  |
| Children's Capoeira<br>Ages 4-12 years<br>Bryn "Tigresa"<br><b>4:45 - 5:30PM</b> | Congolese Drum Class**<br>Kinzoni<br><b>5 - 6PM</b>              | Congolese Dance<br>w/ live drumming<br>Loubayi, \$20 drop in<br><b>6 - 7:15PM</b> |   | Meditation (by donation, no passes)<br>Watsonville Insight<br><b>7 - 8:30PM</b> |   | <b>March 22</b><br>6 - 7:30PM<br>Sound Healing<br>with Jazz Lei Amora<br>\$40/\$35 pre-event  |
|  |  |   |   |   |   | <b>March 29</b><br>Bellydance benefit<br>PV Loaves & Fishes<br>at El Vaquero Winery<br>\$15, reserve at<br><a href="mailto:reservations.elvaquerowinery.com">reservations.elvaquerowinery.com</a> |

\*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

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

