

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Pilates Mat* Jill 9-10AM	Vinyasa Flow* Phoenix 9-10AM	Vinyasa Flow* Phoenix 9-10AM		Hatha Level 2/3 Rachel 9-10:15AM	Vinyasa L2/3 * Danielle 9-10:15AM	Vinyasa Flow + Deep Stretch* Beth 9-10:15A
Bellydance+ Cardio Fusion* Jill 10:15-11:15AM		Beginning/ L1* Phoenix 10:45AM-12PM	Beginning / Restorative* Phoenix 10:45AM-12PM	Gentle / Seniors* Phoenix 10:45AM-12PM	Zumba! Viri / Silvia 10-11AM outside at Pinto Lake County Park	
Gentle / Seniors* Phoenix 11:30-12:30PM			Children's Capoeira 4:15-5PM Adult Capoeira 5:15-6:15PM "Cipo" Moises		Hatha / Restorative 10:45AM-12PM Katrina	
Adult Capoeira 5:15-6:15PM w/ Cipo		Slow Flow + Restorative Yoga Jackie 6:30-7:30PM	Gentle + Restorative Yoga 6:30-7:30PM Kusum			
Yoga en Español* Bea 6:30-7:45PM	Hatha Moon Flow Paige 6-7:15PM					

*indicates hybrid (in-person and ZOOM)

**ZUMBA! is OUTSIDE AT PINTO LAKE COUNTY PARK, 757 Green Valley Road
Saturdays at 10AM with Viri and Silvia, \$10 drop-in or use a pass**

This schedule was updated on 5/17/22

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Learn more at WWW.WATSONVILLE.YOGA

