

**MONDAY**

Pilates Mat\*  
Jill  
**9-10AM**

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

Vinyasa\*  
Jackie  
**6:30-7:30PM**

**TUESDAY**

Beginning Yoga\*  
Phoenix  
**9:15-10:30AM**

All-levels Vinyasa  
Cambell  
**6-7:15PM**

**WEDNESDAY**

Hatha Flow\*  
Phoenix  
**9:15-10:30AM**

Restorative Yoga  
Shoghi  
**6-7:15PM**

**THURSDAY**

Pilates Mat\*  
Jill  
**9-10AM**

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

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**

Afro-Latin dance  
Cambell  
OUTSIDE - Pinto Lake CP \*\*\*  
**10-11AM**

**SUNDAY**

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

\*indicates hybrid (in-person and ZOOM)  
\*\*\*Held at 757 Green Valley Road, \$10

This schedule was updated on 4/05/24  
734 East Lake Avenue, #16 upstairs  
Watsonville, CA 95076 tel: 831-713-9843

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

