

MONDAY

Pilates Mat / Barre
Jill
9-10:15AM

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

TUESDAY

Beginning Hatha
& Sun Salutes*
Henry
9-10:15AM

WEDNESDAY

Hatha Flow*
Phoenix
9-10:15AM

THURSDAY

Pilates Mat*
Jill
9 - 10AM

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

Capoeira for children
Ages 4-11 years
"Tigresa"
4:45-5:30PM
****STARTS August 13****

FRIDAY

Vinyasa Flow
Jackie
9-10:15AM

SATURDAY

Hatha Flow
Various staff
9-10:15AM

SUNDAY

Hatha Yoga
& Sun Salutes*
Kate
9-10:15AM

NEW! Congolese Dance
Loubayi
10:30-11:45AM

****STARTS August 15****

\$20 drop in, \$5 tip to drummer

*indicates hybrid (in-person and ZOOM)

This schedule was updated on 7/22/26

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Learn more at WWW.WATSONVILLE.YOGA

