

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	Beginning Yoga* Phoenix 9:15-10:30AM	Hatha Flow* Phoenix 9:15-10:30AM	Pilates Mat* Jill 9-10AM	Vinyasa Flow* Beth 9-10:15AM	Vinyasa Flow* Danielle 9-10:15AM	Vinyasa Flow + Deep Stretch* Beth 9-10:15AM
Gentle / Seniors* Phoenix 10:45AM-12PM				Gentle / Seniors* Phoenix 10:45AM-12PM		
		Slow Flow + Yin Yoga w/ Keely then	Children's Capoeira "Cipo" Moises 4:15-5PM			Yoga for Sobriety Support* Cambell 5-6:15PM
Vinyasa* Jackie 6:30-7:30PM	All-levels Vinyasa Cambell 6-7:15PM	Intro to Yoga series Feb 21 - Mar 20 w/ Shoghi 6-7:15PM	Meditation (by donation, no passes) Watsonville Insight 6:30-7:30PM			

*indicates hybrid (in-person and ZOOM)

This schedule was updated on 2/06/24
734 East Lake Avenue, #16 upstairs
Watsonville, CA 95076 tel: 831-713-9843

Learn more at WWW.WATSONVILLE.YOGA

