

MONDAY

Pilates Mat / Barre
Jill
9-10:15AM

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

Children's Capoeira
Ages 4-12 years
Moises "Cipo"
4:45 - 5:30PM

TUESDAY

Beginning / L1 Hatha
& Sun Salutes*
Henry
9:15-10:30AM

Congolese Drum Class**
Kinzoni
5 - 6PM

Congolese Dance
w/ live drumming
Loubayi
6 - 7:15PM

WEDNESDAY

Hatha Flow*
Angela
9:15-10:30AM

Community Song
Circle for Justice
6 - 7:15PM
by donation
***8/27, 9/24**

THURSDAY

Pilates Mat*
Jill
9 - 10AM

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

Meditation (by donation, no passes)
Watsonville Insight
7 - 8PM

FRIDAY

Vinyasa Flow
Jackie
9-10:15AM

SATURDAY

Barre / Pilates
Jill
9-10:15AM

Bellydance
Jill
10:30-11:30AM

SUNDAY

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

*indicates hybrid (in-person and ZOOM)

** \$25 drop-in payable to teacher, series of 4 for \$80

This schedule was updated on 8/27/25

734 East Lake Avenue, #19-20 upstairs
Watsonville, CA 95076 tel: 831-713-9843

Learn more at WWW.WATSONVILLE.YOGA

