

MONDAY

Pilates Mat / Barre
Jill
9-10:15AM

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

TUESDAY

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

Pilates Mat
Anna
6-7PM

WEDNESDAY

Hatha Flow*
Phoenix
9-10:15AM

Restorative Yoga
Angelica / Victoria
6 -7:15PM

THURSDAY

Pilates Mat*
Jill
9 - 10AM

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

Capoeira for children
Ages 4-11 years
"Tigresa"
5-5:45PM

FRIDAY

Vinyasa Flow
Jackie
9-10:15AM

SATURDAY

Hatha Flow
Various staff
9-10:15AM

NEW! Congolese Dance
Loubayi
10:45-12PM
\$20/ pass + \$5 tip to drummer

SUNDAY

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

BOOK A MASSAGE WITH US!
50-minutes, \$110 or 80-minutes \$150

*indicates hybrid (in-person and ZOOM)

This schedule was updated on 9/28/26

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Learn more at WWW.WATSONVILLE.YOGA

