

**DUE TO SPACE LIMITS, WE RECOMMEND PRE-REGISTERING FOR YOUR CLASS - NO REFUNDS WILL BE MADE**

**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  
KC  
**6-7:15PM**

**WEDNESDAY**

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

Slow Flow +  
Yin Yoga  
KC  
**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**

**SUNDAY**

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

Yoga for Sobriety  
Support, beginner-friendly  
Cambell  
**5-6:15PM**  
Starts 12/3/23

\*indicates hybrid (in-person and ZOOM)

**This schedule was updated on 11/09/23**  
734 East Lake Avenue, #16 upstairs  
Watsonville, CA 95076 tel: 831-713-9843

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

