

MODIFIED SCHEDULE FOR JULY 2024

MONDAY

Pilates Mat*
Jill
9-10AM

Vinyasa*
Jackie
6:30-7:30PM

TUESDAY

Beginning Yoga*
Phoenix / Henry
9:15-10:30AM

WEDNESDAY

Intro to Yoga
Henry
6-7:15PM

THURSDAY

Pilates Mat*
Jill
9-10AM

Meditation (by donation, no passes)
Watsonville Insight
6:30-7:30PM

FRIDAY

Vinyasa Flow*
Jackie / Danielle
9-10:15AM

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

SATURDAY

Hatha Flow*
Kristin
9-10:15AM

SUNDAY

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

*indicates hybrid (in-person and ZOOM)

This schedule was updated on 6/25/24

734 East Lake Avenue, #16 upstairs
Watsonville, CA 95076 tel: 831-713-9843

Learn more at WWW.WATSONVILLE.YOGA

