

MONDAY

Pilates Mat / Barre
Jill
9-10:15AM

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

TUESDAY

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

Congolese
African Dance
Loubayi
6:00-7:15PM

WEDNESDAY

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

THURSDAY

Pilates Mat*
Jill
9-10AM

Children's Capoeira
Moises "Cipo"
4:15-5PM

Slow Flow (March only)
Angela
5:30-6:45PM

Meditation (by donation, no passes)
Watsonville Insight
7:00-8:00PM

FRIDAY

Vinyasa Flow*
Jackie
9-10:15AM

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

SATURDAY

Barre / Pilates
Jill
9-10:15AM

Bellydance
Jill
10:30-11:30AM

SUNDAY

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

1st Sunday only
Yoga philosophy by MMC
11AM-1PM

Mar 16 Bellydance 11AM
Mar 16 Laughter Yoga 2PM
Mar 30 Drumming 11AM

Sound Healing
Simmy and Miguel
6 - 7:30PM
Mar 23, Apr 27
\$35 / \$40 at door

*indicates hybrid (in-person and ZOOM)

This schedule was updated on 3/7/2025

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

Learn more at WWW.WATSONVILLE.YOGA

