

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Pilates Mat* Jill 9-10AM	Hatha Flow* Jackie 9-10:15AM	Hatha Flow* Phoenix 9-10AM	Pilates Mat* Jill 9-10AM	Vinyasa Flow* Beth 9-10:15AM	Vinyasa Flow* Danielle 9-10:15AM	Vinyasa Flow + Deep Stretch* Beth 9-10:15AM
Gentle / Seniors* Phoenix 10:45AM-12PM			Beginning / Restorative* Phoenix 10:45AM-12PM	Gentle / Seniors* Phoenix 10:45AM-12PM		
			Children's Capoeira 4:15-5PM Adult Capoeira 5:15-6:15PM "Cipo" Moises			
Vinyasa Jackie 6:30-7:30PM	All-levels Vinyasa Charlene 6-7:15PM	Gentle+Restorative* Charlene 6-7PM	Meditation (by donation, no passes) Watsonville insight 6:30-7:30PM			

*indicates hybrid (in-person and ZOOM)

**ZUMBA! Is OUTSIDE AT PINTO LAKE COUNTY PARK, 757 Green Valley Road
Saturdays at 10AM with Alicia and Silvia, \$10 drop-in or use a pass**

This schedule was updated on 1/1/23
734 East Lake Avenue, #16 upstairs
Watsonville, CA 95076 tel: 831-713-9843

Learn more at WWW.WATSONVILLE.YOGA

