

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Pilates Mat / Barre Jill 9-10:15AM	Beginning Hatha & Sun Salutes* Henry 9-10:15AM	Hatha Flow* Phoenix 9-10:15AM	Pilates Mat* Jill 9 - 10AM	Vinyasa Flow Jackie 9-10:15AM	Hatha Flow Various staff 9-10:15AM	Hatha Yoga & Moon Salutes* Kate 9-10:15AM
Gentle / Seniors* Phoenix 10:45AM-12PM			Gentle / Seniors* Phoenix 10:45AM-12PM		NEW! Congolese Dance Loubayi 10:45-12PM **STARTS Aug 22** \$20/ pass + \$5 tip to drummer	
	Pilates Mat Anna 6-7PM **STARTS Sept 22**	Restorative Yoga Angelica / Victoria 6 -7:15PM 5 weeks **STARTS Sept 2**	Capoeira for children Ages 4-11 years "Tigresa" 5-5:45PM **STARTS Aug 20**		10th Anniversary Weekend Sept 26-27 Free classes on Saturday and Sunday, plus Sat: Community potluck, Sound Healing Sun: Samba with Marsea at 11AM	

*indicates hybrid (in-person and ZOOM)

This schedule was updated on 8/14/26

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

Learn more at WWW.WATSONVILLE.YOGA

