

MONDAY

Pilates Mat / Barre
Jill
9-10:15AM

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

Children's Capoeira
Ages 4-12 years
Bryn "Tigresa"
4:45 - 5:30PM

TUESDAY

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

Congolese Drum Class**
Kinzoni
5 - 6PM

Congolese Dance
w/ live drumming
Loubayi
\$20 drop-in + tip to drummer
6 - 7:15PM

WEDNESDAY

Hatha Flow*
Angela
9-10:15AM

THURSDAY

Pilates Mat*
Jill
9 - 10AM

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

Meditation (by donation, no passes)
Watsonville Insight
6 - 7:15PM

FRIDAY

Vinyasa Flow
Jackie
9-10:15AM

SATURDAY

Hatha Flow
Various staff
9-10:15AM

Bellydance
Various staff
10:30-11:30AM

SUNDAY

Vinyasa +
Deep Stretch*
Various staff
9-10:15AM

SUNDAY EVENTS:

May 3
7 - 8:30PM
Sound Healing
with Jazz Lei Amora
\$40/\$35 pre-event

*indicates hybrid (in-person and ZOOM)

** \$25 drop-in payable to drum teacher, series of 4 for \$80

This schedule was updated on 2/12/26

734 East Lake Avenue, #19-20 upstairs
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Learn more at WWW.WATSONVILLE.YOGA

