



THERMAL HORIZONS YOGA & WELLNESS CENTER

YOGA & FITNESS SCHEDULE

(AS OF 10-2-2025)

Sunday

9:00 - 10:00am	Gentle Yoga with Therapeutics with Ahmie Alvarez	60 min	Tha (Moon)
10:30-11:45am	Yoga Nidra with Mindful Movement with Kenya DeJarnette	75 min	Ha (Sun) Studio
12:00 - 1:00pm	Hot Vinyasa Flow with Elizabeth Done	60 min	Ha (Sun) Studio

Monday

5:45 - 6:45am	Sunrise Posture Sequence (Warm) with Ceci Greenway	60 min	Ha (Sun) Studio
8:15 - 9:30am	Lotus Morning Flow with Elizabeth Done - NEW INSTRUCTOR	60 min	Ha (Sun) Studio
8:30 - 9:30am	Functional Fitness with Molly Adler	60 min	Tha (Moon)
10:30 - 11:30am	Hot Sculpt and Flow with Elizabeth Done	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Mobility & Power Flow (Not Heated) with Lauren Whempner	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Mat Pilates Sculpt with Emily Safdeye	60 min	Tha (Moon)
6:30 - 7:30pm	Hot Vinyasa Flow with Megan Olind	60 min	Ha (Sun) Studio

Tuesday

8:15 - 9:15am	Hot Morning Flow with Claudia Zentano	60 min	Ha (Sun) Studio
8:30 - 9:30am	Tone & Strength with Ceci Greenway	60 min	Tha (Moon)
10:00 - 11:15am	Warm Gentle Therapeutic with Sound Bath with Andrea & Jaime	75 min	Ha (Sun) Studio
5:00 - 6:00pm	Fluidity & Freedom Flow (Heated) with Lauren Whempner	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Full Body Fitness with Annette Nobile Allen	60 min	Tha (Moon)
6:30 - 7:30pm	Gentle Yoga with Ahmie Alvarez	60 min	Ha (Sun) Studio

Wednesday

5:45 - 6:45am	Rise and Vibe (Warm) with Ceci Greenway	60 min	Ha (Sun) Studio
8:15 - 9:30am	Lotus Morning Flow with Elizabeth Done - NEW INSTRUCTOR	60 min	Ha (Sun) Studio
8:30 - 9:30am	Functional Fitness with Molly Adler	60 min	Tha (Moon)
10:30 - 11:30am	Hot Sculpt and Flow with Elizabeth Done	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Candlelit Soul Flow (Not Heated) with Olga Atkinson	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Mat Pilates Sculpt with Emily Safdeye	60 min	Tha (Moon)
6:30 - 7:30pm	Hot Vinyasa Flow with Megan Olind	60 min	Ha (Sun) Studio

Thursday

8:15 - 9:15am	Hot Morning Flow with Claudia Zentano	60 min	Ha (Sun) Studio
8:30 - 9:30am	Tone & Strength with Ceci Greenway	60 min	Tha (Moon)
10:00 - 11:15am	Warm Gentle Therapeutic with Sound Bath with Andrea & Jaime	75 min	Ha (Sun) Studio
5:00 - 6:00pm	Fluidity & Freedom Flow (Heated) with Lauren Whempner	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Full Body Fitness with Annette Nobile Allen	60 min	Tha (Moon)
6:30 - 7:30pm	Gentle Therapeutic with Sound Bath - Ahmie & Jaime	60 min	Ha (Sun) Studio

Friday

5:45 - 6:45am	Sunrise Primal Flow (Warm) with Ceci Greenway	60 min	Ha (Sun) Studio
8:15 - 9:30am	Lotus Morning Flow with Olga Atkinson - NEW INSTRUCTOR	60 min	Ha (Sun) Studio
8:30 - 9:30am	Functional Fitness with Molly Adler	60 min	Tha (Moon)
10:30 - 11:30am	Hot Sculpt and Flow with Elizabeth Done	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Candlelit Soul Flow (Not Heated) with Olga Atkinson	60 min	Ha (Sun) Studio

Saturday

8:30 - 9:30am	Functional Fitness with Molly Adler	60 min	Tha (Moon)
9:00 - 10:00am	Hot Morning Flow with Jonay Jones	60 min	Ha (Sun) Studio
10:00 - 11:15am	Gentle Flow and Restore with Andrea Dill	75 min	The (Moon)
10:30 - 11:45am	Vin/Yin (Not Heated) with Olga Atkinson	75 min	Ha (Sun) Studio
12:00 - 1:00pm	Hot Sculpt and Flow with Elizabeth Done	60 min	Ha (Sun) Studio