



## THERMAL HORIZONS YOGA & WELLNESS CENTER

# PILATES REFORMERS

(AS OF 12-15-2025)

### Sunday

8:30 - 9:15am	Reformer Flow - All Levels with Megan Olind	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Reformer Flow - All Levels with Megan Olind	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Reformer Flow - All Levels with Megan Olind	45 min	Utsaha (Strength) Studio

### Monday

8:30 - 9:15am	Reformer Flow - All Levels with Megan Olind	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Reformer Flow - All Levels with Megan Olind	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Reformer Flow - All Levels with Megan Olind	45 min	Utsaha (Strength) Studio
4:30 - 5:15pm	Reformer Flow - All Levels with Michelle Huete	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Reformer Flow - All Levels with Michelle Huete	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Reformer Flow - All Levels with Michelle Huete	45 min	Utsaha (Strength) Studio

### Tuesday

7:30 - 8:15am	Reformer Flow - All Levels with Carlie Gustaveson	45 min	Utsaha (Strength) Studio
8:30 - 9:15am	Reformer Flow - All Levels with Carlie Gustaveson	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Reformer Flow - All Levels with Carlie Gustaveson	45 min	Utsaha (Strength) Studio
4:30 - 5:15pm	Reformer Flow - All Levels with Emma David	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Reformer Flow - All Levels with Emma David	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Reformer Flow - All Levels with Emma David	45 min	Utsaha (Strength) Studio

### Wednesday

8:30 - 9:15am	Reformer Flow - All Levels with Megan Olind	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Reformer Flow - All Levels with Megan Olind	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Reformer Flow - All Levels with Megan Olind	45 min	Utsaha (Strength) Studio
4:30 - 5:15pm	Reformer Flow - All Levels with Marsha Aragon	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Reformer Flow - All Levels with Marsha Aragon	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Reformer Flow - All Levels with Marsha Aragon	45 min	Utsaha (Strength) Studio

### Thursday

7:30 - 8:15am	Reformer Flow - All Levels with Carlie Gustaveson	45 min	Utsaha (Strength) Studio
8:30 - 9:15am	Reformer Flow - All Levels with Carlie Gustaveson	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Reformer Flow - All Levels with Shelby Willis	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Reformer Flow - All Levels with Shelby Willis	45 min	Utsaha (Strength) Studio
4:30 - 5:15pm	Reformer Flow - All Levels with Emma David	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Reformer Flow - All Levels with Emma David	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Reformer Flow - All Levels with Emma David	45 min	Utsaha (Strength) Studio

### Friday

8:30 - 9:15am	Reformer Flow - All Levels with Kayla Nelson	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Reformer Flow - All Levels with Kayla Nelson	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Reformer Flow - All Levels with Kayla Nelson	45 min	Utsaha (Strength) Studio

### Saturday

8:30 - 9:15am	Reformer Flow - All Levels with Kayla Nelson	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Reformer Flow - All Levels with Kayla Nelson	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Reformer Flow - All Levels with Kayla Nelson	45 min	Utsaha (Strength) Studio
11:30 - 12:15pm	Reformer Flow - All Levels with Kayla Nelson	45 min	Utsaha (Strength) Studio