



THERMAL HORIZONS YOGA & WELLNESS CENTER

YOGA & FITNESS SCHEDULE

(AS OF 5-14-2026)

Sunday

8:30 - 9:30pm	Hot Mat Pilates Sculpt with Emily Safdeye - NEW CLASS	60 min	Ha (Sun)	Studio
9:00 - 10:00am	Gentle Yoga with Therapeutics with Ahmie Alvarez	60 min	Tha (Moon)	
10:15-11:30am	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	Morning Foundational Yoga with Elizabeth Done	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 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	Evening Foundational Yoga with Lauren Whempner - NEW CLASS	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	Morning Foundational Yoga with Elizabeth Done	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 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	Evening Foundational Yoga with Lauren Whempner - NEW CLASS	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	Morning Foundational Yoga with Olga Atkinson	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 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