



# THERMAL HORIZONS YOGA & WELLNESS CENTER

## YOGA & FITNESS SCHEDULE

(AS OF 6-22-2026)

### Sunday

8:30 - 9:30pm	<b>Hot Mat Pilates Sculpt</b> with Emily Safdeye - <b>NEW CLASS</b>	60 min	Ha (Sun)	Studio
9:00 - 10:00am	<b>Gentle Yoga with Therapeutics</b> with Ahmie Alvarez	60 min	Tha (Moon)	
<b>10:15-11:30am</b>	<b>Yoga Nidra with Mindful Movement</b> with Kenya DeJarnette	75 min	Ha (Sun)	Studio
12:00 - 1:00pm	<b>Hot Vinyasa Flow</b> with Elizabeth Done	60 min	Ha (Sun)	Studio

### Monday

5:45 - 6:45am	<b>Sunrise Vinyasa Flow (Heated)</b> with Ceci Greenway - <b>NEW CLASS</b>	60 min	Ha (Sun)	Studio
8:15 - 9:30am	<b>Morning Foundational Yoga</b> with Elizabeth Done	60 min	Ha (Sun)	Studio
8:30 - 9:30am	<b>Functional Fitness</b> with Molly Adler	60 min	Tha (Moon)	
10:30 - 11:30am	<b>Hot Sculpt and Flow</b> with Elizabeth Done	60 min	Ha (Sun)	Studio
5:00 - 6:00pm	<b>Candlelit Soul Flow</b> with Olga Atkinson	60 min	Ha (Sun)	Studio
5:00 - 6:00pm	<b>Mat Pilates Sculpt</b> with Emily Safdeye	60 min	Tha (Moon)	
6:30 - 7:30pm	<b>Evening Foundational Yoga</b> with Lauren Whempner - <b>NEW CLASS</b>	60 min	Ha (Sun)	Studio

### Tuesday

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

### Wednesday

5:45 - 6:45am	<b>Rise and Vibe (Warm)</b> with Ceci Greenway	60 min	Ha (Sun)	Studio
8:15 - 9:30am	<b>Morning Foundational Yoga</b> with Elizabeth Done	60 min	Ha (Sun)	Studio
8:30 - 9:30am	<b>Functional Fitness</b> with Molly Adler	60 min	Tha (Moon)	
10:30 - 11:30am	<b>Hot Sculpt and Flow</b> with Elizabeth Done	60 min	Ha (Sun)	Studio
5:00 - 6:00pm	<b>Candlelit Soul Flow</b> with Olga Atkinson	60 min	Ha (Sun)	Studio
5:00 - 6:00pm	<b>Mat Pilates Sculpt</b> with Emily Safdeye	60 min	Tha (Moon)	
6:30 - 7:30pm	<b>Evening Foundational Yoga</b> with Lauren Whempner - <b>NEW CLASS</b>	60 min	Ha (Sun)	Studio

### Thursday

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

### Friday

5:45 - 6:45am	Sunrise Primal Flow (Warm) with <b>Jonay Jones</b>	60 min	Ha (Sun)	Studio
8:15 - 9:30am	<b>Morning Foundational Yoga</b> with Olga Atkinson	60 min	Ha (Sun)	Studio
8:30 - 9:30am	<b>Functional Fitness</b> with Molly Adler	60 min	Tha (Moon)	
10:30 - 11:30am	<b>Hot Sculpt and Flow</b> with Elizabeth Done	60 min	Ha (Sun)	Studio
5:00 - 6:00pm	<b>Candlelit Soul Flow</b> with Olga Atkinson	60 min	Ha (Sun)	Studio

### Saturday

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