



THERMAL HORIZONS YOGA & WELLNESS CENTER

PILATES REFORMERS

(AS OF 8-2-2025)

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 Lucy Manukyan	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Reformer Flow - All Levels with Lucy Manukyan	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Stretch & Flow with Lucy Manukyan	45 min	Utsaha (Strength) Studio

Tuesday

7:30 - 8:15am	Reformer Flow - All Levels with Carlie Berkowitz	45 min	Utsaha (Strength) Studio
8:30 - 9:15am	Reformer Flow - All Levels with Carlie Berkowitz	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Reformer Flow - All Levels with Carlie Berkowitz	45 min	Utsaha (Strength) Studio
4:30 - 5:15pm	Reformer Flow - All Levels with Mel Rivadeneira	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Reformer Flow - All Levels with Mel Rivadeneira	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Reformer Flow - All Levels with Mel Rivadeneira	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 Lucy Manukyan	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Reformer Flow - All Levels with Lucy Manukyan	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Stretch & Flow - All Levels with Lucy Manukyan	45 min	Utsaha (Strength) Studio

Thursday

7:30 - 8:15am	Reformer Flow - All Levels with Carlie Berkowitz	45 min	Utsaha (Strength) Studio
8:30 - 9:15am	Reformer Flow - All Levels with Carlie Berkowitz	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	Jumpboard Pilates with Mel Rivadeneira	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Jumpboard Pilates with Mel Rivadeneira	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Reformer Flow - All Levels with Mel Rivadeneira	45 min	Utsaha (Strength) Studio

Friday

8:30 - 9:15am	Stretch & Flow with Lucy Manukyan	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Reformer Flow - All Levels with Lucy Manukyan	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Reformer Flow - All Levels with Lucy Manukyan	45 min	Utsaha (Strength) Studio

Saturday

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