



# THERMAL HORIZONS YOGA & WELLNESS CENTER

## YOGA & FITNESS SCHEDULE

(AS OF 1-13-2026)

### Sunday

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 - <b>NEW TIME</b>	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 Posture Sequence (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>Mobility &amp; Power Flow</b> with Lauren Whempner	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>Hot Vinyasa Flow</b> with Megan Olind	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>Hot Vinyasa Flow</b> with Megan Olind	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	<b>Sunrise Primal Flow (Warm)</b> with Ceci Greenway	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

