



THERMAL HORIZONS YOGA & WELLNESS CENTER

YOGA & FITNESS SCHEDULE

(AS OF 1-13-2026)

Sunday

9:00 - 10:00am
10:15-11:30am
12:00 - 1:00pm

Gentle Yoga with Therapeutics with Ahmie Alvarez
Yoga Nidra with Mindful Movement with Kenya DeJarnette - **NEW TIME**
Hot Vinyasa Flow with Elizabeth Done

60 min Tha (Moon)
75 min Ha (Sun) Studio
60 min Ha (Sun) Studio

Monday

5:45 - 6:45am
8:15 - 9:30am
8:30 - 9:30am
10:30 - 11:30am
5:00 - 6:00pm
5:00 - 6:00pm
6:30 - 7:30pm

Sunrise Posture Sequence (Warm) with Ceci Greenway
Morning Foundational Yoga with Elizabeth Done
Functional Fitness with Molly Atler
Hot Sculpt and Flow with Elizabeth Done
Mobility & Power Flow with Lauren Whempner
Mat Pilates Sculpt with Emily Safdeye
Hot Vinyasa Flow with Megan Olind

60 min Ha (Sun) Studio
60 min Ha (Sun) Studio
60 min Tha (Moon)
60 min Ha (Sun) Studio
60 min Ha (Sun) Studio
60 min Tha (Moon)
60 min Ha (Sun) Studio

Tuesday

8:15 - 9:15am
8:30 - 9:30am
10:00 - 11:15am
5:00 - 6:00pm
5:00 - 6:00pm
6:30 - 7:30pm

Hot Morning Flow with Claudia Zentano
Tone & Strength with Ceci Greenway
Warm Gentle Therapeutic with Sound Bath with Andrea & Jaime
Fluidity & Freedom Flow (Heated) with Lauren Whempner
Full Body Fitness with Annette Nobile Allen
Gentle Yoga with Ahmie Alvarez

60 min Ha (Sun) Studio
60 min Tha (Moon)
75 min Ha (Sun) Studio
60 min Ha (Sun) Studio
60 min Tha (Moon)
60 min Ha (Sun) Studio

Wednesday

5:45 - 6:45am
8:15 - 9:30am
8:30 - 9:30am
10:30 - 11:30am
5:00 - 6:00pm
5:00 - 6:00pm
6:30 - 7:30pm

Rise and Vibe (Warm) with Ceci Greenway
Morning Foundational Yoga with Elizabeth Done
Functional Fitness with Molly Atler
Hot Sculpt and Flow with Elizabeth Done
Candlelit Soul Flow with Olga Atkinson
Mat Pilates Sculpt with Emily Safdeye
Hot Vinyasa Flow with Megan Olind

60 min Ha (Sun) Studio
60 min Ha (Sun) Studio
60 min Tha (Moon)
60 min Ha (Sun) Studio
60 min Ha (Sun) Studio
60 min Tha (Moon)
60 min Ha (Sun) Studio

Thursday

8:15 - 9:15am
8:30 - 9:30am
10:00 - 11:15am
5:00 - 6:00pm
5:00 - 6:00pm
6:30 - 7:30pm

Hot Morning Flow with Claudia Zentano
Tone & Strength with Ceci Greenway
Warm Gentle Therapeutic with Sound Bath with Andrea & Jaime
Fluidity & Freedom Flow (Heated) with Lauren Whempner
Full Body Fitness with Annette Nobile Allen
Gentle Therapeutic with Sound Bath - Ahmie & Jaime

60 min Ha (Sun) Studio
60 min Tha (Moon)
75 min Ha (Sun) Studio
60 min Ha (Sun) Studio
60 min Tha (Moon)
60 min Ha (Sun) Studio

Friday

5:45 - 6:45am
8:15 - 9:30am
8:30 - 9:30am
10:30 - 11:30am
5:00 - 6:00pm

Sunrise Primal Flow (Warm) with Ceci Greenway
Morning Foundational Yoga with Olga Atkinson
Functional Fitness with Molly Atler
Hot Sculpt and Flow with Elizabeth Done
Candlelit Soul Flow with Olga Atkinson

60 min Ha (Sun) Studio
60 min Ha (Sun) Studio
60 min Tha (Moon)
60 min Ha (Sun) Studio
60 min Ha (Sun) Studio

Saturday

8:30 - 9:30am
9:00 - 10:00am
10:00 - 11:15am
10:30 - 11:45am
12:00 - 1:00pm

Functional Fitness with Molly Atler
Hot Morning Flow with Jonay Jones
Gentle Flow and Restore with Andrea Dill
Vin/Yin (Not Heated) with Olga Atkinson
Hot Sculpt and Flow with Elizabeth Done

60 min Tha (Moon)
60 min Ha (Sun) Studio
75 min Tha (Moon)
75 min Ha (Sun) Studio
60 min Ha (Sun) Studio

