



THERMAL HORIZONS YOGA & WELLNESS CENTER

(AS OF 5-10-2024)

Sunday

9:00 - 10:00am	Gentle Yoga with Therapeutics with Ahmie Alvarez	60 min	Tha (Moon) Studio
10:15 - 11:30am	Yoga with Guided Meditation (Not Heated) with Kenya DeJarnette	75 min	Ha (Sun) Studio
10:30 - 11:45am	Calming Slow Flow with Andrea Dill	75 min	Tha (Moon) 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 - 9:15am	Lotus Morning Flow with Kennedy Mullen - NEW CLASS	60 min	Ha (Sun) Studio
8:30 - 9:30am	Functional Fitness with Molly Adler	60 min	Tha (Moon) Studio
10:00 - 11:15am	Gentle Yoga w/ Therapeutic Movement with Lori Schneider	75 min	The (Moon) Studio
10:30 - 11:30am	Hot Sculpt and Flow with Elizabeth Done	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Move Free Mobility (Not Heated) with Lauren Whempner - NEW CLASS	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Mat Pilates Sculpt with Emily Safdeye	60 min	Tha (Moon) Studio
6:30 - 7:30pm	Hot Vinyasa Flow with Ceci Greenway	60 min	Ha (Sun) Studio
6:30 - 7:30pm	Sunset Stretch and Flow with Emily Safdeye	60 min	Tha (Moon) Studio

Tuesday

5:45 - 6:45am	Creating Alignment Yoga Flow (Warm) with Kennedy Mullen	60 min	Ha (Sun) Studio
8:15 - 9:15am	Hot Morning Flow with Claudia Zentano - NEW INSTRUCTOR	60 min	Ha (Sun) Studio
8:30 - 9:30am	Barre Sculpt with Emily Safdeye	60 min	Tha (Moon) Studio
10:00 - 11:15am	Warm Gentle Therapeutic with Sound Bath with Lori Schneider & Jaime Annett	75 min	Ha (Sun) Studio
5:00 - 6:00pm	Fluidity & Freedom Flow (Heated) with Lauren Whempner - NEW CLASS	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Circuit Functional Fitness with Molly Adler	60 min	Tha (Moon) Studio
6:30 - 7:30pm	Gentle Yoga with Ahmie Alvarez	60 min	Tha (Moon) Studio

Wednesday

5:45 - 6:45am	Rise and Vibe (Warm) with Ceci Greenway	60 min	Ha (Sun) Studio
8:15 - 9:15am	Lotus Morning Flow with Kennedy Mullen - NEW CLASS	60 min	Ha (Sun) Studio
8:30 - 9:30am	Functional Fitness with Molly Adler	60 min	Tha (Moon) Studio
10:00 - 11:15am	Gentle Flow and Restore with Andrea Dill	75 min	The (Moon) Studio
10:30 - 11:30am	Warm Vinyasa Flow with Claudia Zentano	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Candlelit Soul Flow (Not Heated) with Olga Atkinson	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Mat Pilates Sculpt with Emily Safdeye	60 min	Tha (Moon) Studio
6:30 - 7:30pm	Hot Vinyasa Flow with Ada Hawkins	60 min	Ha (Sun) Studio
6:30 - 7:30pm	iRest® Yoga Nidra with Kate Cianci	60 min	Tha (Moon) Studio

Thursday

5:45 - 6:45am	Creating Alignment Yoga Flow (Warm) with Kennedy Mullen	60 min	Ha (Sun) Studio
8:15 - 9:15am	Hot Morning Flow with Claudia Zentano - NEW INSTRUCTOR	60 min	Ha (Sun) Studio
8:30 - 9:30am	Barre Sculpt with Emily Safdeye	60 min	Tha (Moon) Studio
10:00 - 11:15am	Warm Gentle Therapeutic with Sound Bath with Lori Schneider & Jaime Annett	75 min	Ha (Sun) Studio
5:00 - 6:00pm	Fluidity & Freedom Flow (Heated) with Lauren Whempner - NEW CLASS	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Circuit Functional Fitness with Molly Adler	60 min	Tha (Moon) Studio
6:30 - 7:30pm	Gentle Therapeutic with Sound Bath - Ahmie Alvarez and Jaime Annett	60 min	Tha (Moon) Studio

Friday

5:45 - 6:45am	Sunrise Primal Flow (Warm) with Ceci Greenway	60 min	Ha (Sun) Studio
8:15 - 9:15am	Lotus Morning Flow with Kennedy Mullen - NEW CLASS	60 min	Ha (Sun) Studio
8:30 - 9:30am	Functional Fitness with Molly Adler	60 min	Tha (Moon) Studio
10:00 - 11:15am	Gentle Yoga with Therapeutic Movement with Lori Schneider	75 min	The (Moon) Studio
10:30 - 11:30am	Hot Sculpt and Flow with Elizabeth Done	60 min	Ha (Sun) Studio
5:00 - 6:00pm	Candlelit Soul Flow (Not Heated) with Olga Atkinson	60 min	Ha (Sun) Studio

Saturday

8:30 - 9:30am	Functional Fitness with Molly Adler	60 min	Tha (Moon) Studio
9:00 - 10:00am	Hot Morning Flow with Kimberly Pask - NEW INSTRUCTOR	60 min	Ha (Sun) Studio
10:00 - 11:15am	Gentle Flow and Restore with Andrea Dill	75 min	The (Moon) Studio
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 - NEW CLASS (Starting 6/1)	60 min	Ha (Sun) Studio