



THERMAL HORIZONS YOGA & WELLNESS CENTER

PILATES REFORMERS

(AS OF 7-24-2026)

Sunday

8:00 - 8:45am	Jennifer Kalamon	45 min	Utsaha (Strength) Studio
9:00 - 9:45am	Jennifer Kalamon	45 min	Utsaha (Strength) Studio
10:00 - 10:45am	Jennifer Kalamon	45 min	Utsaha (Strength) Studio

Monday

8:30 - 9:15am	Jennifer Kalamon	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Jennifer Kalamon	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Jennifer Kalamon	45 min	Utsaha (Strength) Studio
4:30 - 5:15pm	Michelle Huete	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Michelle Huete	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Michelle Huete	45 min	Utsaha (Strength) Studio

Tuesday

7:30 - 8:15am	Carlie Gustaveson	45 min	Utsaha (Strength) Studio
8:30 - 9:15am	Carlie Gustaveson	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Carlie Gustaveson	45 min	Utsaha (Strength) Studio
4:30 - 5:15pm	Jennifer Kalamon	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Jennifer Kalamon	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Jennifer Kalamon	45 min	Utsaha (Strength) Studio

Wednesday

8:30 - 9:15am	Isabella Yeghiayan	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Isabella Yeghiayan	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Isabella Yeghiayan	45 min	Utsaha (Strength) Studio
4:30 - 5:15pm	Sherrie Ablin	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Sherrie Ablin	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Sherrie Ablin	45 min	Utsaha (Strength) Studio

Thursday

7:30 - 8:15am	Carlie Gustaveson	45 min	Utsaha (Strength) Studio
8:30 - 9:15am	Carlie Gustaveson	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Carlie Gustaveson	45 min	Utsaha (Strength) Studio
4:30 - 5:15pm	Jennifer Kalamon	45 min	Utsaha (Strength) Studio
5:30 - 6:15pm	Jennifer Kalamon	45 min	Utsaha (Strength) Studio
6:30 - 7:15pm	Jennifer Kalamon	45 min	Utsaha (Strength) Studio

Friday

8:30 - 9:15am	Emily Ferialdi	45 min	Utsaha (Strength) Studio
9:30 - 10:15am	Emily Ferialdi	45 min	Utsaha (Strength) Studio
10:30 - 11:15am	Emily Ferialdi	45 min	Utsaha (Strength) Studio

Saturday

8:00 - 9:45am	Carlie Gustaveson	45 min	Utsaha (Strength) Studio
9:00 - 9:45am	Carlie Gustaveson	45 min	Utsaha (Strength) Studio
10:00 - 10:45am	Carlie Gustaveson	45 min	Utsaha (Strength) Studio
11:00 - 11:45pm	Carlie Gustaveson	45 min	Utsaha (Strength) Studio