

THRIVE Programming

January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	8:30 AM	6:00 AM	8:30 AM	6:00 AM	8:30 AM
10:00 AM	5:30 PM	10:00 AM	5:30 PM	12:00 PM	10:00 AM
	6:30 PM	12:00 PM			

Max 6 participants per session

*Schedule is subject to change

Our THRIVE sessions help take the guesswork out of what's effective.

MONTHLY RATE

LOCATION

Unlimited sessions
per month \$179

Thrive Studio
Bottom Floor

Questions:
Cioci@Thoreau.com

