



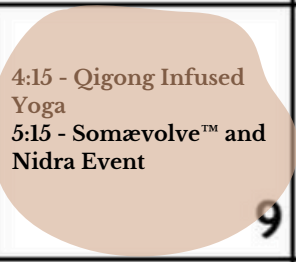



**The  
HIVE**

Women's Empowerment Center

# JANUARY 2025



SUN	MON	TUE	WED	THU	FRI	SAT
	 = special event <b>First class free</b> Use code: <b>FIRSTFREE</b>		 10:30 - January Reset Kickoff	4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	9:30am - Mindful movement	9:00 - Wall-Lattes 10am - Balanced Body
9am - Strength for Life with Weights 10am - Pelvic Floor  4:30pm - Chakra Balancing Restorative w/reiki 5:30 - Somatic Movement	5:00 - Reset Check-in  5:30 - Balanced Body 6:30 - Twilight Flow	12pm - Chair  5:15pm - Wall-Lattes 6:15pm - Root to Rise 7:15 -Yoga for Trauma	5:15 - Strength for Life with Weights 6:15pm- Chair Yoga	 4:15 - Qigong Infused Yoga 5:15 - Somævolve™ and Nidra Event	9:30am - Mindful movement	 9:00 - Wall-Lattes 10am - Balanced Body 11:30 - Women's Self Defense
9am - Strength for Life with Weights 10am - Pelvic Floor  4:30pm - Restorative w/Reiki 5:30 - Somatic Movement	5:00 - Reset Check-in  5:30 - Balanced Body 6:30 - Twilight Flow	12pm - Chair  5:15pm -Wall-Lattes 6:15pm - Root to Rise 7:15 -Yoga for Trauma	5:15 - Strength for Life with Weights 6:15pm- Chair Yoga	5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	9:30am - Mindful movement	9:00 - Wall-Lattes 10am - Balanced Body
9am - Strength for Life with Weights 10am - Pelvic Floor  4:30pm - Restorative w/Reiki 5:30 - Somatic Movement	5:00 - Reset Check-in  5:30 - Twilight Flow 6:30 - Yoga for Trauma	12pm - Chair  5:15pm -Wall-Lattes 6:15pm - Root to Rise 7:15 -Yoga for Trauma	5:15 - Strength for Life with Weights 6:15pm- Chair Yoga	4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	9:30am - Mindful movement	9:00 - Wall-Lattes 10am - Balanced Body
10am - Pelvic Floor  4:30pm - How to Heal You Nervous System Workshop	5:00 - Reset Check-in  5:30 - Twilight Flow 6:30 - Buti Yoga	12pm - Chair  5:15pm -Wall-Lattes 6:15pm - Root to Rise 7:15 -Yoga for Trauma	5:15 - Strength for Life with Weights 6:15pm- Chair Yoga	4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	9:30am - Mindful movement	