



The HIVE

Women's Empowerment Center

February 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 = special event First class free Use code: FIRSTFREE					1 8am - Wall-Lattes 9am - Balanced Body
2 8am - Strength for Life with Weights 9am - Buti Yoga 10am - Pelvic Floor 4:30pm -Rage Release	3 5pm - Balanced Body 6pm - Twilight Flow 7pm - Breathwork and Meditation	4 12pm - Chair 5:15pm -Wall-Lattes 6:15pm - Root to Rise 7:15 -Yoga for Trauma	5 5:15pm - Buti Yoga 6:15pm - Somatic Movement	6 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	7 9:30am -Mindful movement 5pm - Free Your Fascia	8 8am - Wall-Lattes 9am - Balanced Body
9 8am - Strength for Life with Weights 9am - Buti Yoga 10am - Pelvic Floor 4:00 - Restorative w/Reiki	10 5pm - Balanced Body 6pm - Twilight Flow 7pm - Breathwork and Meditation	11 12pm - Chair 5:15pm -Wall-Lattes 6:15pm - Root to Rise 7:15 -Yoga for Trauma	12 5:15 - Strength for Life with Weights 6:15pm- Chair Yoga	13 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	14 9:30am -Mindful movement 5:30pm - Valentine Partner Event	15 9:00 - Wall-Lattes 10am - Balanced Body 5:30pm - Valentine Partner Event
16 8am - Strength for Life with Weights 9am - Buti Yoga 10am - Pelvic Floor 4:30pm -Somatic Movement 5:30 - Restorative w/Reiki	17 5pm - Balanced Body 6pm - Twilight Flow 7pm - Breathwork and Meditation	18 12pm - Chair 5:15pm -Wall-Lattes 6:15pm - Root to Rise 7:15 -Yoga for Trauma	19 5:15 - Strength for Life with Weights 6:15pm- Chair Yoga	20 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	21 9:30am -Mindful movement 5pm - Free Your Fascia	22 9:00 - Wall-Lattes 10am - Balanced Body
23 8am - Strength for Life with Weights 9am - Buti Yoga 10am - Pelvic Floor 4:30pm -Somatic Movement 5:30 - Restorative w/Reiki	24 5pm - Balanced Body 6pm - Twilight Flow 7pm - Breathwork and Meditation	25 12pm - Chair 5:15pm -Wall-Lattes 6:15pm - Root to Rise 7:15 -Yoga for Trauma	26 5:15 - Strength for Life with Weights 6:15pm- Chair Yoga	27 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	28 9:30am -Mindful movement 5pm - Free Your Fascia	