The HIVE
Women's Empowerment Center

APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	**1** 12pm - Chair 5:15 - Strength for Life with Weights 6:15 - Wall-Lattes 7:15 -Yoga for Trauma	**2** 6:15pm- Chair Yoga	**3** 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	**4** 9:30am -Mindful movement 5pm - Free Your Fascia	**5** 8am - Strength for Life with Weights 9:15 - Flow
6 9am - Balanced Body 10am - Pelvic Floor 11am - -Restorative for Stress with Reiki	**7** 5pm - Buti Yoga 6:15 - Wall Lattes 7:15 - Somatic Yoga	**8** 12pm - Chair 5:15 - Strength for Life with Weights 6:15 - Balanced Body 7:15 -Yoga for Trauma	**9** 4:15 - Restorative for Stress with Reiki 5:15pm- Wall Lattes 6:15 - Chair Yoga	**10** 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	**11** 9:30am -Mindful movement 5pm - Free Your Fascia	**12** 8am - Strength for Life with Weights 9:15 - Flow 10:30 - Energy Medcine Yoga
13 9am - Balanced Body 10am - Pelvic Floor 11am - -Restorative for Stress with Reiki	**14** 5pm - Buti Yoga 6:15 - Wall Lattes 7:15 - Somatic Yoga	**15** 12pm - Chair 5:15 - Strength for Life with Weights 6:15 - Balanced Body 7:15 -Yoga for Trauma	**16** 5:15pm- Wall Lattes 6:15 - Chair Yoga	**17** 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	**18** 9:30am -Mindful movement 5pm - Free Your Fascia	**19** 8am - Strength for Life with Weights 9:15 - Flow
20 Closed	**21** 5pm - Buti Yoga 6:15 - Wall Lattes 7:15 - Somatic Yoga	**22** 12pm - Chair 5:15 - Strength for Life with Weights 6:15 - Balanced Body 7:15 -Yoga for Trauma	**23** 4:15 - Restorative for Stress with Reiki 5:15pm- Wall Lattes 6:15 - Chair Yoga	**24** 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	**25** 9:30am -Mindful movement	**26** 8am - Strength for Life with Weights 9:15 - Flow
27 9am - Balanced Body 10am - Pelvic Floor 11am - -Restorative for Stress with Reiki	**28** 5pm - Buti Yoga 6:15 - Wall Lattes 7:15 - Somatic Yoga	**29** 12pm - Chair 5:15 - Strength for Life with Weights 6:15 - Balanced Body 7:15 -Yoga for Trauma	**30** 5:15pm- Wall Lattes 6:15 - Chair Yoga	1	2 = special event	3 **First class free Use code: FIRSTFREE**

483 Spring Street, Windsor Locks