



The
HIVE

Women's Empowerment Center

July 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 12pm - Chair 5:15 - Functional Mobility 6:15 - Balanced Body 7:15 - Restorative for Stress w/reiki	2 5:15 - Strength for Life with Weights 6:15 - Wall Lattes 7:15 - Yoga for Trauma	3 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	4 9:30am - Mindful movement	5 8am - Strength for Life with Weights 9:15 - Flow
6 9am - Balanced Body 10am - Pelvic Floor	7 5pm - Buti Yoga 6:15 - Wall Lattes 7:15 - Yoga Nidra - Practive for Blissful Sleep	8 12pm - Chair 5:15 - Functional Mobility 6:15 - Balanced Body 7:15 - Yoga for Trauma	9 5:15 - Strength for Life with Weights 6:15 - Wall Lattes	10 12pm - Chair Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	11 9:30am - Mindful movement	12 8am - Strength for Life with Weights 9:15 - Flow
13 9am - Balanced Body 10am - Pelvic Floor 6pm - Somatic/Restorative for Stress w/Reiki	14 5pm - Buti Yoga 6:15 - Wall Lattes	15 12pm - Chair 5:15 - Functional Mobility 6:15 - Balanced Body	16 5:15 - Strength for Life with Weights 6:15 - Wall Lattes 7:15 - Yoga for Trauma	17 12pm - Chair Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	18 9:30am - Mindful movement	19 8am - Strength for Life with Weights 9:15 - Qigong Infused Yoga
20 9am - Balanced Body 10am - Pelvic Floor	21 5:15 - Buti Yoga 6:15 - Wall Lattes 7:15 - Restorative for Stress w/reiki	22 12pm - Chair 5:15 - Functional Mobility 6:15 - Balanced Body	23 5:15 - Strength for Life with Weights 6:15 - Wall Lattes 7:15 - Foundational Flow	24 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	25 9:30am - Mindful movement	26 9am - Balanced Body 10am - Pelvic Floor
27 9:30am - Qigong Infused Yoga	28 5:15 - Bootcamp Pop Up 6:15 - Flow	29 5:15 - Functional Mobility 6:15 - Balanced Body 7:15 - Yoga for Trauma	30 5:15 - Foundational Flow 6:15 - Wall Lattes	31 9:30 - Qigong Infused Yoga 5:15 - Buti 6:15 - Candlelit Yoga 7:15 - Yoga Nidra - Practive for Blissful Sleep	 = special event First class free Use code: FIRSTFREE	

