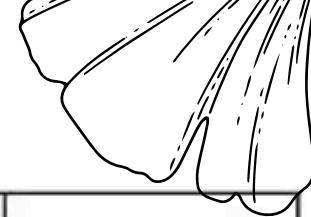


December 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga for Trauma	2 6:30am - Morning Dance Party Wake up 12pm - Chair 5:15 - Zumba! 6:15 - Barre	3 5:15 - Kickboxing Sculpt 6:15 - All Levels Flow	4 9:30 - Somatic Yoga 12pm - Chair Yoga 4:15pm - Balanced Body 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	5 9:30am - Mindful movement w/Reiki	6 8am - Strength for Life with Weights 9:00 - Functional Mobility
7 9-10:30am - Fascia Release and Lymphatic Massage Workshop 7pm - Restorative for Stess with Reiki	8 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga Nidra for Sleep	9 6:30am - Morning Dance Party Wake up 12pm - Chair 5:15 - Zumba! 6:15 - Barre	10 5:15 - Kickboxing Sculpt 6:15 - All Levels Flow	11 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 4:15pm - Balanced Body 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	12 9:30am - Mindful movement w/Reiki 5:30 - The Hive Holiday Wrap Party	13 8am - Strength for Life with Weights 9:00 - Functional Mobility
14 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga	15 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga for Trauma	16 6:30am - Morning Dance Party Wake up 12pm - Chair 5:15 - Balanced Body 6:15 - Somatic Yoga	17 5:15 - Kickboxing Sculpt 6:15 - All Levels Flow	18 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	19 9:30am - Mindful movement w/Reiki 6:30-8:30pm - "Own It" Chair Dance Experience	20 8am - Barre 9:00 - Functional Mobility
21 9am - Balanced Body 10am - Pelvic Floor 6:30-8pm - Solstice Event with Drumming Circle	22 5pm -Jingle Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga Nidra for Sleep	23 12pm - Chair 5:15 - Balanced Body 6:15 - Holiday Chair Yoga	24 Closed	25 Closed	26 Closed	27 8am - Barre 9:00 - Functional Mobility
28 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga	29 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga for Trauma	30 12pm - Chair 5:15 - Balanced Body 6:15 - Foundational Flow 7:15 - Somatic Yoga	31 Closed		 = special event	First class free Use code: FIRSTFREE