THE HIVE
WOMEN'S EMPOWERMENT CENTER

January 2026

= special event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	First class free Use code: FIRSTFREE			1 Closed	2 9:30am -Mindful movement w/Reiki	3 8am - Boot camp Pop Up 9:00 - Functional Mobility
4 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga	5 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga for Trauma	6 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15 - Balanced Body 6:30 - Restorative for Stress w/Reiki	7 4:15pm - Mat Pilates 5:15 - Kickboxing Sculpt 6:15 -	8 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Strength for Life w/weights 6:15 -Candlelit Yoga	9 9:30am -Mindful movement w/Reiki 5:30- 8:30pm - Women's Self Defense	10 8am - Strength for Life with Weights 9:00 - Functional Mobility
11 9-10:30am - Fascia Release and Lymphatic Self Massage Workshop 7pm - Restorative Yoga	12 5pm -Buti Yoga 6:15 - Mat Pilates 7:15 - Foundational Flow	13 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15 - Zumba 6:15 - Barre	14 6pm - Yin/Yang Fusion with Guided Meditation	15 9:30 - Qigong Infused Yoga 5:15 - Strength for Life w/weights 6:15 -Candlelit Yoga	16 9:30am -Mindful movement w/Reiki	17 8am - Boot camp Pop Up 9:00 - Functional Mobility
18 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga	19 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga for Trauma	20 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15 - Zumba 6:15 - Barre 7:15- Yoga Nidra - Practice for Blissful Sleep	21 4:15pm - Mat Pilates 5:30- Craft Night with Katherine Tolve - Vision Boards	22 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Strength for Life w/weights 6:15 -Candlelit Yoga	23 9:30am -Mindful movement w/Reiki	24 8am - Strength for Life with Weights 9:00 - Functional Mobility
25 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga	26 5pm -Buti Yoga 6:15 - Mat Pilates 7:15 - Foundational Flow	27 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15 - Zumba 6:15 - Barre	28 4:15pm - Mat Pilates 5:15 - Kickboxing Sculpt 6:15 -	29 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Strength for Life w/weights 6:15 -Candlelit Yoga	30 9:30am -Mindful movement w/Reiki	31 8am - Strength for Life with Weights 9:00 - Functional Mobility

482 Spring Street, Windsor Locks