2026 BHIVE CLASSES - WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY RISERS						
	METAFIT 5:30-6AM		SPORTFIT 5:30-6:15AM			
XTRAINING 6-6:45AM	YOGA 6-6:45AM	XTRAINING 6-6:45AM		XTRAINING 6-6:45AM	METAFIT 7:30-8AM	
	XTRAINING 7:30-8:15AM		METAFIT 7:30-8AM		YOGA 8-8:45AM	
MID-MORNING MADNESS						
XTRAINING 9:10-9:55AM	HiiTFIT 9:10-9:55AM	XTRAINING 9:10-9:55AM	CIRCUIT 9:10-9:55AM	XTRAINING 9:10-9:55AM	CIRCUIT 9:10-9:55AM	XTRAINING 9:10-9:55AM
METAFIT 10-10:30AM	BHIVE BOXING 10-10:45AM		BHIVE BOXING 10-10:45AM	FOUNDATION STRENGTH 10-10:45AM		
EVENING INSANITIES						
KIDS BOXING 4:45-5:15PM	KIDSFIT 4-4:30PM		TEEN STRENGTH 4:45-5:15PM	KIDS BOXING 4-4:30PM		
			SPORTFIT 5:15-6PM			
Low Impact CIRCUIT 6-6:45PM	XTRAINING 6-6:45PM	BHIVE BOXING 6-6:45PM	XTRAINING 6-6:45PM	XTRAINING 6-6:45PM		
RACEFIT 6:45-7:30PM	YOGA 6:45-7:30PM					

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