

BHIVE CLASSES 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THEME FULL BODY BLITZ	THEME UPPER BLITZ	THEME FITNESS HITT	THEME LOWER BLITZ	THEME FULL BODY BLITZ	THEME COACH'S CHOICE	THEME COACH'S CHOICE

EARLY RISERS

	METAFIT 5:30-6AM		XTRAINING 5:30-6:15AM			
XTRAINING 6-6:45AM		XTRAINING 6-6:45AM		XTRAINING 6-6:45AM		
	XTRAINING 7:30-8:15AM		METAFIT 7:30-8AM		METAFIT 7:30-8AM	

MID-MORNING MADNESS

CIRCUIT 9:10-9:55AM	XTRAINING 9:10-9:55AM	XTRAINING 9:10-9:55AM	CIRCUIT 9:10-9:55AM	BHIVE AEROBICS 9:10AM-9:55	CIRCUIT 9:10-9:55AM	XTRAINING 9:10-9:55AM
STEP AND CORE 10-10:45AM	BHIVE BOXING 10-10:45AM	Low Impact Circuit 10-10:45AM	STEP AND CORE 10-10:45AM	METAFIT 10-10:30AM		STRONGMAN STRONGWOMAN 10-10:45AM

EVENING INSANITIES

KIDS BOXING 4:45-5:15PM	KIDSFIT 4-4:30PM		TEEN STRENGTH 4:45-5:30PM	KIDS BOXING 4-4:30PM		
Low Impact Circuit 6-6:45PM			MUAY THAI 5:15-6PM			
METAFIT 6:45pm-7:30pm	XTRAINING 6-6:45PM	BHIVE BOXING 6-6:45PM	CIRCUIT 6-6:45PM	XTRAINING 6-6:45PM		
			BHIVE AEROBICS 7-7:45PM			

