



AEDIS MVMT STUDIO Schedule

Book online at: aedismvmtstudio.com or through the Spaces by Wix app

Monday:

7:00am: Mat Pilates
9:00: Slow & Steady
10:30: Core & Glutes
12:00 Mvmt for Mobility
6:00 pm: Spinal Stabilization
7:45pm: Yoga Nidra (alternating weeks)

Tuesday:

7:00am: Strengthen & Lengthen
8:15: Roll & Flow
9:30: Beginner Strength
11:00: Yoga Flow
12:30: Slow & Steady
6:30: Beginner TRX
7:30pm: BarreFit

Wednesday:

9:00am: Yoga Flow
10:00am: TRX & Yoga Combo
11:30: Chair Yoga
4:15: Power Flow
5:15: Strength Circuit
6:30: Leg Day
7:30pm: Release & Restore

Thursday:

7:45am: Strength Circuit
9:00: Ease Into Mvmt
10:30: Beginner TRX + Bosu
12:00: Mvmt for Mobility
6:15: Beginner Pilates
7:30pm: BarreFit

Friday:

7:00 am: Rise with Mvmt
9:30: Core & More
11:00: Slow & Steady
12:30: Mobility Reset & Roll
4:15: Strengthen & Lengthen
5:30: TRX + Pilates Combo
7:00pm: Wind Down

Saturday:

8:15am: Strength Circuit
9:30: Spinal Stabilization
11:00 TRX Tabata (Every other week)
4:30pm: Somatic Flow

Sunday:

8:30am: Hatha-Vin
10:00: TRX & Bosu/Yoga
11:15: Roll & Flow
7:15pm: Evening Restorative

Watch for Limited Series and Events such as:

-Adult Ballet

-Lift Series

-Health Seminars and Retreats

***Check out aedismvmtstudio.com for
more info, class descriptions, & to
book!***

Aedis Mvmt Studio: 4516 Mountainview Rd Beamsville
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Follow on Instagram: @aedismvmtstudio