



AEDIS MVMT STUDIO Schedule

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

Monday:

9:00: Slow & Steady
10:30: Core & Glutes
12:00 Mvmt for Mobility
4:30: Bosu Blast
6:00 pm: Spinal Stabilization
7:45pm: Yoga Nidra/Breath & Be (alternating weeks)

Tuesday:

7:00am: Mat Pilates
8:00: Roll & Flow
9:30: Strengthen and Lengthen
11:00: Yoga Flow
12:30: Chair Yoga
6:15: Beginner TRX
7:15pm: BarreFit

Wednesday:

7:00am: Strengthen & Lengthen
10:00am: TRX & Yoga Combo
11:30: Slow & Steady
4:00: Power Flow
5:15: Strength Circuit
7:30pm: Release & Restore

Thursday:

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

Friday:

7:00 am: Rise with Mvmt
9:30: Core & More
11:00: Slow & Steady
12:30: Seated Mobility & Stretch
4:15: Strengthen & Lengthen
5:30: TRX + Pilates Combo
6:45pm: Wind Down

Saturday:

8:15am: Strength Circuit
9:30: Spinal Stabilization
4:30pm: Somatic Flow

Sunday:

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

Watch for Limited Series and Events such as:

***Adult Beginner Ballet starting Jan 29th**

-Lift Series

-Health Seminars and Retreats

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

Aedis Mvmt Studio: 4516 Mountainview Rd Beamsville
Call/text: 289-778-2476
Follow on Instagram: @aedismvmtstudio