

# AEDIS MVMT STUDIO Schedule

Book online at: [aedismvmtstudio.com](http://aedismvmtstudio.com) or through the Spaces by Wix app

## **Monday:**

9:00: Slow and Steady  
10:30: Core & Glutes  
12:00 Mvmt for Mobility  
4:30: Bosu Blast  
6:00 pm: Spinal Stabilization  
7:45: Breathe & Be/Yoga Nidra

## **Tuesday:**

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

## **Wednesday:**

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

## **Thursday:**

7:45: Strength Circuit  
9:00: Ease Into Mvmt  
10:30: Beginner TRX & Bosu  
12:00: Mvmt for Mobility  
4:45: Evening Restorative  
6:15: Beginner Pilates  
7:15: BarreFit/Adult Ballet

## **Friday:**

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

## **Saturday:**

8:15: Strength Circuit  
9:30: Spinal Stabilization  
11:00: TRX + Bosu (Bi-weekly)  
6:30: Somatic Flow

## **Sunday:**

8:30: Hatha-Vin  
10:00: TRX & Bosu/Yoga (every other week)  
7:15: Evening Restorative

## **Watch for Limited Series such as:**

**-Adult Ballet/Dance**

**-Lift Series**

**And Independent Workshops & Retreats**

***Check out [aedismvmtstudio.com](http://aedismvmtstudio.com) for more info, class descriptions, & to book!***

Aedis Mvmt Studio: 4516 Mountainview Rd Beamsville  
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