

Edge Fitness Studio Alcona, Innisfil

March 2016 Schedule

COST: \$15 drop in 5 for \$60

Pre-Registration is required text/call 705-627-7385 or email edgeyoga@gmail.com

www.yogaforyou.wix.com/edge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00am Private Yoga			6:30am Chakra Yoga	6:00am Private Yoga	
9:30am Kick It HIIT	9:30am Core Yoga	9:30am Yoga Basics	9:30am Restorative	9:30am Mental Fitness	9:15am Bootcamp	9:00am-9:45am Fitball
10:00am Hatha Yoga	10:30am Mental Fitness	11:11am 1111 Yoga		11:11am 1111 Yoga		10:00am-11:00am Kids Yoga
						11:00am Chakra Yoga
	12:00pm Mom & Baby Pilates	12:00-1:00 Mom & Baby Yoga				12:00pm -1:00pm Mom, Dad & Baby Yoga
1:00pm Family Yoga	1:00pm Private Yoga		2:00pm Gentle Yoga		1:00pm Private Yoga	
	2:00pm 55+ Bootcamp		3:35pm Core & More	2:00pm Group Fitness HIIT	2:00pm Stroller Babies Fitness	
		5:00pm-6:00pm Flow Yoga	5:00pm-5:45pm Kids Yoga & Pilates			
6:00pm Flow Yoga	6:15pm Bootcamp	6:15 Pilates	6:15pm Core & More		6:00pm Core Yoga	
7:00pm Core & More	7:15pm Prenatal		7:15pm-7:45pm Kettlebell	7:00pm-8:00pm Restorative Yoga		7pm Core Yoga

8:15pm

Restorative Yoga

8:00pm Chakra

Yoga

