

Edge Fitness Studio Alcona, Innisfil

October 2015 Schedule

COST: Yoga \$15 Other Classes \$10

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 |
|-------------------------|------------------------------------|---|--------------------------------------|----------------------------|-----------------------------------|--------------------------------------|
| | 6:30am Flow Yoga | 8am HIIT Bootcamp | 6:15 Kettlebell | 6:30am Beginner Yoga | 7:00am Fitball | |
| 9:30am Kick It HIIT | 9:30am Cardio Kick It | 9:30am Yoga Basics | 10am Hatha Yoga | 9:30am Kettlebell | 9:45am Pre and Post Natal Fitness | 9:00am-9:45am Fitball |
| 10:00am Bootcamp | 10:00am Mental Fitness | 10:30am-11:30am Pre and Post Natal Yoga | | 10:00am Mom & Baby Yoga | | 10:00am-11:00am Kids Yoga |
| 11:00am Pilates | 11:00am Pre and Post Natal Fitness | 11:30 Chair Yoga | 11am Belly Bootcamp Prenatal Fitness | 11:00 Kick It HIIT | 11:30am Flow Yoga | 11:00am Chakra Yoga |
| 12:00pm Kids Pilates | 12:15-12:45 Group Fitness HIIT | 12:00-1:00 Mom & Baby Yoga | 12:15-12:45 Noon Yoga Flow | 12:15pm-12:45pm Kettlebell | | 12:00pm -1:00pm Mom, Dad & Baby Yoga |
| 1:00pm Kids Yoga | 1:00pm Flow Yoga | 1:00pm Mom & Tot Yoga | 1:00pm Beginner Pilates/Yoga | 1:00pm Beginner Yoga | 1:00pm Baby Bootcamp | 1:15pm Teen Pilates |
| 3:00pm Teen Yoga | 2:00pm 55+ Bootcamp | 2:00pm Mom & Baby Yoga | 4:00pm Kids Yoga | 2:00pm Group Fitness HIIT | 2:05-2:50 Kettlebell Class | |
| | 5:00pm Beginner Yoga | 5:00pm-6:00pm Flow Yoga | 5:00pm-5:45pm Kids Pilates | 4:00-5:00pm Kids Yoga | 4:30pm Beginner Yoga | |
| 6:00pm Restorative Yoga | 6:00pm-7:00pm Family Yoga | 6:15pm Cardio Kick It HIIT | 6:15pm Teen Yoga | 6pm Prenatal Pilates | 6:30pm Mental Fitness | 6:00pm Teen Yoga |
| 7:00pm-7:45pm Pilates | 7:15pm-7:45pm Kettlebell | 7:15pm-8pm Pilates | 7:15pm-7:45pm Bootcamp | 7:00pm-8:00pm Yin Yoga | 7:00-8:00pm Partner Yoga | |

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| 7:45pm Beginner Yoga | 8:00pm Intermediate Yoga | 8:00pm Core & More | 8:00pm Restorative Yoga | 8:00-8:45pm Pilates | 8:00pm-8:30pm Core |
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