

Edge Fitness Studio Alcona, Innisfil

February 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
	6:30am 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	11:15 Bootcamp	11am Belly Bootcamp Prenatal Fitness	11:00 Kick It HIIT	11:30am Flow Yoga	11:00am Chakra Yoga
12:00pm Kids Pilates	12:00pm Mom & Baby Pilates	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	2:00pm Gentle Yoga	2:00pm Group Fitness HIIT	2:05-2:50 Kettlebell Class	
5:00pm Beginner Yoga	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	6:15pm-6:45pm Pilates	6:15 Bootcamp	6:15pm Core	6pm Prenatal Pilates	6:15pm Mental Fitness	6:00pm Teen Yoga
7:00pm-7:45pm Pilates	7:15pm-7:45pm Kettlebell	7:00pm-8pm Flow Yoga	7:15pm-7:45pm Bootcamp	7:00pm-8:00pm Partner Yoga	7:00-8:00pm Core Yoga	

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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