

Ethos Parkour & Movement

647 Okanagan Ave E #104, Penticton, BC

cel / txt: 250 918 8863 office@ethosparkour.com

Schedule

Current Schedule

(last updated April 2024)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00	Behavioural Intervention / School Sessions (by apt only)	Behavioural Intervention / School Sessions (by apt only)	Behavioural Intervention / School Sessions (by apt only)	Behavioural Intervention / School Sessions (by apt only)	Behavioural Intervention / School Sessions (by apt only)		
10:00							
11:00						Birthday Party 10:30am-12pm	
12:00	Behavioural Intervention / School Sessions (by apt only)	Homeschooler's Parkour 1-2:30pm	Behavioural Intervention / School Sessions (by apt only)	Behavioural Intervention / School Sessions (by apt only)	Behavioural Intervention / School Sessions (by apt only)		
1:00							
2:00		Open Gym 2:30-3:30pm					
3:00							Birthday Party 3-4:30pm
4:00	6-8 yrs Lev 1 3:30-4:30pm	3/4 yrs PK Play 3:45-4:30pm	6-8 yrs Lev 1 3:30-4:30pm	3/4 yrs PK Play 3:45-4:30pm	6-8 yrs Lev 1 3:30-4:30pm	3/4 yrs PK Play 3:45-4:30pm	Birthday Party 4-5:30pm
5:00	9-15 yrs Lev 1 4:40-5:40pm	5 yrs PK Play 4:40-5:25pm	7-10 Intrmediate 4:40-5:40pm	5 yrs PK Play 4:40-5:25pm	Open Gym 4:35-5:35pm	3/4 yrs PK Play 4:40-5:25pm	
6:00	Open Gym 5:45 - 6:45pm	Jr (U13) Lev 2 5:45-7:45pm (invite only)		6-8 yrs Lev 1 5:40-6:40pm	Open Gym 5:45 - 6:45pm		*Book parties online; Sunday spots available
7:00			7-15 yrs Lev 1 Intrmediate 6:45-7:45pm	7-15 yrs Lev 1 Intrmediate 6:45-7:45pm			
8:00		Sr (13+) Lev 2 7-9pm (invite only)	Open Gym (7:45-9pm)	Adult Extreme Cosmic DODGEBALL (7:45-9pm)			

1 class / week; includes unlimited Open Gym drop in's:
 \$80/mo - 45 min classes \$105/mo - 1 hour classes
 \$180/mo - 2 hr classes
 *Registration is ongoing, month to month. Please email 2 weeks notice to end enrolment.