

Ethos Parkour & Movement

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Schedule

Sept 4/23 - June 29/24

	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)	Family Open Gym 9-10am			
10:00						11:00	11:00	11:00	11:00
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)	Open Gym 12-1pm			
1:00						2:00	2:00	2:00	2:00
3:00		Open Gym 2:30-3:30pm							
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	5 yrs PK Play 3:45-4:30pm	Birthday Party 3:30-5pm		
5:00	9-15 yrs Lev 1 4:40-5:40pm	5 yrs PK Play 4:40-5:25pm	7-10 Intermediate 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		9-15 yrs Lev 1 4:40-5:40pm	5 yrs PK Play 4:40-5:25pm
6:00	Open Gym 5:45-6:45pm	Lev 2 5:45-7:45pm (invite only)	6-8 yrs Lev 1 5:40-6:40pm	Open Gym 5:45 - 6:45pm					
7:00			7-15 yrs Lev 1 Intermediate 6:45-7:45pm	7-15 yrs Lev 1 Intermediate 6:45-7:45pm					
8:00		Open Gym (7:45-9pm)	Open Gym (7:45-9pm)	Adult Extreme Cosmic DODGEBALL (7:45-9pm)					

***Book parties online;
Sunday spots available**

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.