

# Ethos Parkour & Movement

647 Okanagan Ave E #104, Penticton, BC

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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	12:00	1:00	2:00	3:00
11:00						Open Gym 12-1pm				
12:00						Open Gym 12-1pm				
1:00		Homeschooler's Parkour 1-2:30pm				Open Gym 12-1pm				
2:00						Open Gym 12-1pm				
3:00		Open Gym 2:30-3:30pm				Open Gym 12-1pm				
4:00	6-8 yrs Lev 1 3:30-4:30pm	6-8 yrs Lev 1 3:30-4:30pm	6-8 yrs Lev 1 3:30-4:30pm	6-8 yrs Lev 1 3:30-4:30pm	6-8 yrs Lev 1 3:30-4:30pm	5 yrs PK Play 3:45-4:30pm				
5:00	3/4 yrs PK Play 3:45-4:30pm	3/4 yrs PK Play 3:45-4:30pm	3/4 yrs PK Play 3:45-4:30pm	3/4 yrs PK Play 3:45-4:30pm	3/4 yrs PK Play 3:45-4:30pm	5 yrs PK Play 3:45-4:30pm				
6:00	9-15 yrs Lev 1 4:40-5:40pm	7-10 Intermediate 4:40-5:40pm	Open Gym 4:35-5:35pm	Open Gym 4:35-5:35pm	9-15 yrs Lev 1 4:40-5:40pm	5 yrs PK Play 4:40-5:25pm				
7:00	5 yrs PK Play 4:40-5:25pm	5 yrs PK Play 4:40-5:25pm	3/4 yrs PK Play 4:40-5:25pm	3/4 yrs PK Play 4:40-5:25pm	3/4 yrs PK Play 4:40-5:25pm	5 yrs PK Play 4:40-5:25pm				
8:00	Open Gym 5:45-6:45pm	Lev 2 5:45-7:45pm (invite only)	6-8 yrs Lev 1 5:40-6:40pm	6-8 yrs Lev 1 5:40-6:40pm	Open Gym 5:45 - 6:45pm	Open Gym 6-7:30pm				
			7-15 yrs Lev 1 Intermediate 6:45-7:45pm	7-15 yrs Lev 1 Intermediate 6:45-7:45pm						
		Open Gym (7:45-9pm)	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.

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