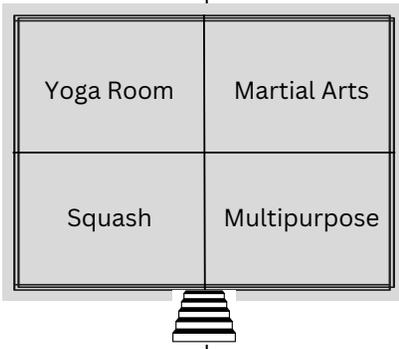


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Yoga, Martial Arts and Multipurpose

CLOSED unless in use by class or program

<b>7:30am</b> Traditional Yoga (Flora 60 min) Yoga Room		<b>7:30am</b> Flow Yoga (Flora 60 min) Yoga Room		<b>7:30am</b> Traditional Yoga (Flora 60 min) Yoga Room	
	<b>9:45am</b> Yoga (Leah 60min) Yoga Room		<b>10am</b> All in One Bi-weekly (Vickie 50 min) Multipurpose Room	<b>9:45am</b> Yoga (Hedy 60min) Yoga Room	<b>10am</b> Hatha Yoga (Hedy 60min) Yoga Room
	<b>10:55</b> Stretch (Hedy 60 min) Yoga Room	<b>10:45am</b> Hatha Yoga (Hedy 60min) Yoga Room	<b>10:45am</b> Hatha Yoga (Hedy 60min) Yoga Room	<b>10:55</b> Stretch (Hedy 60 min) Yoga Room	
<b>11:45am</b> Yin Yoga (Hedy 60 min) Yoga Room					
	<b>6pm</b> Karate (Sensei Kristie/Shihan Jason 60min) Bi-weekly Yoga Room		<b>6pm</b> Karate (Sensei Kristie/Shihan Jason 60min) Bi-weekly Yoga Room		
	<b>7:15pm</b> JiuJitsu (Coach Kristie/Professor Jason 60min) Martial Arts Room		<b>7:15pm</b> JiuJitsu (Coach Kristie/Professor Jason 60min) Martial Arts Room		



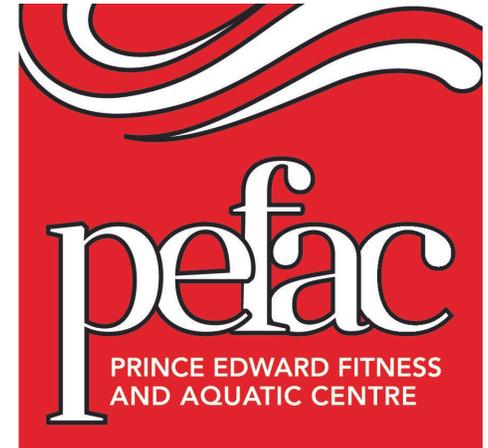
Notes: For more information on our specialty programs such as Splash and Dash, Gym and Swim and Ladies Bootcamp please refer to the Kids and Aquatics / Personal Training Brochures. Don't miss out! Make sure you also grab the Pool & Cycle and Studio Brochures for more great fitness classes!

**Bi-Weekly Class - All in One - Jan 15, 29 Feb 12, 26 March 12, 26 April 9, 23**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Squash</b>							
OPEN 8am-4pm	OPEN 6am-11:45am	OPEN 6am-9:45am	OPEN 6am-10:35am	OPEN 6am-10:35am	OPEN 6am-9:45am	OPEN 8am-10am	
	<b>11:45am</b> Squash Court Closed During Yoga (60 min)	<b>9:45am</b> Squash Court Closed During Yoga (60min)	<b>10:45am</b> Squash Court Closed During Yoga (60min)	<b>10:45am</b> Squash Court Closed During Yoga (60min)	<b>9:45am</b> Squash Court Closed During Yoga/Stretch (120min)	<b>10am</b> Squash Court Closed During Yoga (Hedy 60min)	
	OPEN 12:45pm-9pm	OPEN 10:45am-9pm	OPEN 11:45am-9pm	OPEN 11:45pm-9pm	OPEN 12pm-9pm	OPEN 11am-4pm	

# Yoga, Martial Arts, Multipurpose, Squash Room Schedules

## Winter 2026



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info@pefac.ca

**Legend (for Online Viewing)**  
**Yellow = Room CLOSED**  
**for Rental**  
**Blue = Kids/ Aquatics Program**  
**Purple = Group Fitness Class**

All in One - You'll get some of everything in this class: cardio, strength and stretch moves set to great music. All In One is a low impact class that will use a chair as well as the wall to assist with balance using lots of toys such as balls, tubes, blocks and weights. You'll get a bit of cardio to work your heart, some moves to strengthen your muscles and a lovely stretch to improve your flexibility. Limit of 14.

Flow Yoga - This is a dynamic style of yoga that combines each pose with breath in a diverse series of poses. Through breath work, practitioners will move from one pose to another. Strength, mobility and mental focus will develop over time and with practice. Beginners are welcome. Limit of 16

Hatha Yoga – An hour moving through a variety of poses that will challenge and improve your balance, flexibility, and strength. Limit of 20.

Jiu-jitsu (BJJ) - is based on the technique that immobilizes or submits the opponent. It teaches joint locks, choke holds and pins and is often considered the best art to beat an opponent having more physical prowess. Limit of 15.

Karate - Okinawa Goju Ryu Karate is one of the oldest, most traditional styles of Karate. It is a beautiful style and an efficient method of self-defence, also it's a great way to get into shape. Suitable for everyone! Bi-weekly Tuesdays and Thursdays, refer to Wellness Living for accurate schedule. Limit of 15.

Stretch - In this class we will move throughout the various parts of the body to address tight muscles, connective tissue and joints. Encompassing both shorter and longer holds, we will make use of yoga blocks, straps and bolsters to stretch and hydrate all of the above . Limit of 20.

Traditional Yoga - A traditional Hatha yoga sequence that will help to develop strength, flexibility, balance and breathing. This yoga class is rooted in a series of Sun Salutations that activate and warm the body. It includes guided breathing with a rotating series of well known standing, balancing, seated and supine poses. Through breath, movement and stillness, this class promotes wellness both on and off the mat. Limit of 16

Yin Yoga - Is a slow-paced style of yoga with postures held for longer periods of time that apply moderate stress to the connective tissues, the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. Limit of 20.

Yoga – Moving through a variety of poses that will challenge and improve your balance, flexibility, driving energy into all areas of the body, removing any built-up tension. Yoga will also incorporate breathing techniques and poses to increase flexibility all while allowing you to feel relaxed yet energized. Limit of 20.

**Bi-Weekly Class - Karate - TUESDAY** Jan 6, 20 Feb 3, 17 Mar 3, 17, 31  
**THURSDAY** - Jan 15, 29 Feb 12, 26 Mar 12, 26