

Monday	Tuesday		Wednesday	Thursday	Friday	Saturday
Yoga, Martial Arts and Multipurpose CLOSED unless in use by class or program						
7:30am Traditional Yoga (Flora 60 min) Yoga Room			7:30am Flow Yoga (Flora 60 min) Yoga Room		7:30am Traditional Yoga (Flora 75 min) Yoga Room	
	9:45am Yoga (Leah 60min) Yoga Room		9:45am Hatha Yoga (Hedy 60min) Yoga Room	10am All in One (Vickie/Marilyn 45 min) Multipurpose Room	9:45am Yoga (Hedy 60min) Yoga Room	10am Hatha Yoga (Hedy 60min) Yoga Room
	10:55 Stretch (Hedy 60 min) Yoga Room			10:45am Hatha Yoga (Hedy 60min) Yoga Room	10:55 Stretch (Hedy 60 min) Yoga Room	11:10 Stretch (Hedy 50 min) Yoga Room
11:45am Yin Yoga (Hedy 60 min) Yoga Room					Yoga Room Martial Arts Squash Multipurpose	
5pm Rental (3 hrs) Multipurpose Room	6pm Karate (Sensei Kristie/ Shihan Jason 60min) Bi-weekly Yoga Room	5pm Rental (3 hrs) Multipurpose Room		6pm Karate (Sensei Kristie/Shihan Jason 60min) Bi-weekly Yoga Room		
	7:15pm JiuJitsu (Coach Kristie/Professor Jason 60min) Martial Arts Room		7:15pm 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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Squash						
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
	11:45am Squash Court Closed During Yoga (60 min)	9:45am Squash Court Closed During Yoga (60min)	9:45am Squash Court Closed During Yoga (60min)	10:45am Squash Court Closed During Yoga (60min)	9:45am Squash Court Closed During Yoga (60min)	10am Squash Court Closed During Yoga (Hedy 60min)
	OPEN 12:45pm-9pm	OPEN 10:45am-9pm	OPEN 10:45am-9pm	OPEN 11:45pm-9pm	OPEN 12pm-9pm	OPEN 11am-4pm

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.

JiuJitsu (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.

Yoga, Martial Arts, Multipurpose, Squash Room Schedules

Fall 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

Bi-Weekly Class - Karate - **TUESDAY** - Sept 15th, 29th, Oct 13th, 27th, Nov 10th, 24th, Dec 8th, 22nd, 29th
THURSDAY - Sept 10th, 24th, Oct 8th, 22nd, Nov 5th, 19th, Dec 3rd, 17th