

MONDAY

7-12

Private or  
Semi-Private  
Equipment  
Class  
55 mins

12-3

Private or  
Semi-Private  
Equipment  
Class  
55 mins

3-8

Private or  
Semi-Private  
Equipment  
Class  
55 mins

TUESDAY

7-9

Private or  
Semi-Private  
Equipment  
Class  
55 mins

9:15-10:15

**Group Mat Class**  
*Reflexions Yoga*  
Studio  
Penticton  
DROP IN

12-3

Private or  
Semi-Private  
Equipment  
Class  
55 mins

4-8

Private or  
Semi-Private

WEDNESDAY

7-11

Private or  
Semi-Private  
Equipment  
Class  
55 mins

12-5

Private or  
Semi-Private  
Equipment  
class  
55 mins

5:45- 6:45

**Group Mat Class**  
*Positive Pilates*  
Sign Up Req'd

THURSDAY

7-9

Private or  
Semi-Private  
Equipment  
Class  
55 mins

9:15-10:15

**Group Mat Class**  
*Reflexions Yoga*  
Studio  
Penticton  
DROP IN

12-3

Private or  
Semi-Private  
Equipment  
Class  
55 mins

4-8

Private or  
Semi-Private  
Equipment  
Class  
55 mins

FRIDAY

7-9

Private or  
Semi-Private  
Equipment  
Class  
55 mins

10-11

**Group Mat Class**  
*Postive Pilates*  
Sign Up Req'd

12-6

Private or  
Semi-Private  
Equipment  
classes  
55 mins

SATURDAY

9-12

Private or  
Semi-Private  
Equipment  
Class  
55 mins

SUNDAY

3-6

Private or  
Semi-Private  
Equipment  
Class  
55 mins