

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at [www.onehealthclubs.com](http://www.onehealthclubs.com)

EFFECTIVE SEPTEMBER 28, 2020

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	<b>ATHLETIC CONDITIONING</b> 9:00am 60 min Matteo		<b>FIT</b> 8:45am 60 min Joanna			<b>ATHLETIC CONDITIONING</b> 8:30am 60 min Matteo	
	<b>NEW! HOT YOGA ALL LEVELS 85°</b> 9:45am 60 min Lori/Beata  In the Yoga Studio	<b>ALL LEVELS FLOW YOGA</b> 9:30am 60 min Justine  In the Yoga Studio			<b>BODY BLAST</b> 9:30am 60 min Teawna	<b>NEW! FLOW YOGA ALL LEVELS 90°</b> 9:15am 60 min Joseph  In the Yoga Studio	
				<b>GENTLE FLOW YOGA</b> 10:15am 60 min Lori  In the Yoga Studio		<b>ZUMBA</b> 10:00am 60 min Eddy	<b>ALL LEVELS YOGA</b> 11:15am 60 min Latika  In the Main Studio
pm	<b>FLOW YOGA</b> 5:30pm 60 min Joseph  In the Yoga Studio	<b>ATHLETIC CONDITIONING</b> 5:30pm 60 min Karen	<b>PILATES</b> 6:30pm 60 min Justine  In the Yoga Studio	<b>ATHLETIC CONDITIONING</b> 5:30pm 60 min Karen			
	<b>BODYSculpT</b> 6:00pm 60 min Sandy						

\*All classes are subject to change based on a minimum participation.

Registered participants can cancel online only up to 1 hour prior to the start of class. "No - shows" and last minute cancellations will lose booking privileges for 14 days.

Members are restricted to one class per day only.

Space is limited. Participants must register online for all classes. There will be no walk-in spots.