

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at www.onehealthclubs.com

EFFECTIVE SEPTEMBER 12, 2022

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	NEW TIME! AQUA DEEP/ SHALLOW COMBO 9:30am 45 min - Wanda NO LANE SWIM	NEW! MUSCLE EXPRESS 6:15am 45 min Tina	BALL BLAST 9:00am 60 min Joanna	SPIN 6:15am 60 min Emilie		H.I.I.T 9:00am 60 min Paul Condinho	
	H.I.I.T 9:15am 60 min Paul Condinho	SPIN 9:00am 45 min Joanna	AQUA SHALLOW 9:30am 45 min Joanne NO LANE SWIM	KETTLEBELL SCULPT 9:00am 60 min Paul Condinho	SPIN 9:00am 45 min Joanna	SPIN 9:00am 60 min Karen	
		H.I.I.T. 9:30am 45 min Paul D				AQUAFIT 10:30am 45 min - Sandy NO LANE SWIM	BODY SCULPT 10:45am 45 min Anna Agas
pm				NEW! GENTLE STRENGTH 12:15pm Diane			
	H.I.I.T. 6:15pm 60 min Emilie	ATHLETIC MUSCLE CONDITIONING 5:30pm 60 min Karen	NEW! SPIN 5:45pm 45 min Laura *starting Sept. 21	ATHLETIC CARDIO CONDITIONING 5:30pm 60 min Karen			
		SPIN 6:00pm 60 min Paul Condinho	NEW! AQUA TONE 6:00pm 45 min Sandy ONE LANE OPEN				

*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.

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