

**MISSISSAUGA LOCATION**

2021 Cliff Road, Mississauga 905 275 0610

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

**EFFECTIVE NOVEMBER 21, 2022**

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>am</b>	<b>H.I.I.T</b> 9:15am 60 min Paul Condinho			<b>SPIN</b> 6:15am 60 min Michelle		<b>H.I.I.T</b> 9:00am 60 min Paul Condinho	
		<b>NEW TIME!</b> <b>SPIN</b> 9:15am 45 min Joanna	<b>NEW TIME!</b> <b>BALL BLAST</b> 9:15am 60 min Joanna	<b>KETTLEBELL SCULPT</b> 9:00am 60 min Paul Condinho	<b>NEW TIME!</b> <b>SPIN</b> 9:15am 45 min Joanna	<b>SPIN</b> 9:00am 60 min Karen	<b>ZUMBA</b> 9:30am 60 min Kiran
					<b>BODYSULPT</b> 9:50am 45 min Anna A		<b>BODY SCULPT</b> 10:45am 45 min Kiran
<b>pm</b>				<b>GENTLE STRENGTH</b> 12:15pm Diane			
	<b>H.I.I.T.</b> 6:15pm 60 min Paul Condinho	<b>ATHLETIC MUSCLE CONDITIONING</b> 5:30pm 60 min Karen	<b>SPIN</b> 5:45pm 45 min Laura	<b>ATHLETIC CARDIO CONDITIONING</b> 5:30pm 60 min Karen			
		<b>SPIN</b> 6:00pm 60 min Paul Condinho	<b>ZUMBA</b> 7:00pm 60 min Gemma				

\*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.