

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

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

EFFECTIVE JANUARY 23, 2023

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

\*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.