

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at www.onehealthclubs.com

EFFECTIVE JANUARY 3, 2023

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	NEW! CORE YOGA (85°) 6:30am 60 min Anna Yoga Studio		SUNRISE YOGA (80°) 6:30am 60 min Latika Yoga Studio	NEW! PILATES 9:00am 60 min Vesna Yoga Studio	NEW! SUNRISE YOGA (80°) 6:30am 60 min Angie Yoga Studio		
		HATHA YOGA 9:00am 60 min Amita Yoga Studio	POWER FLOW (INTERMEDIATE) 10:00am 60 min Joseph Yoga Studio	YOGA (ALL LEVELS) 10:30am 60 min Lori Yoga Studio	HATHA YOGA 9:30am 60 min Amita Yoga Studio	HATHA YOGA ALL LEVELS (80°) 9:00am 60 min Lori Yoga Studio	PILATES 9:00am 60 min Fariba Yoga Studio
	WARM YOGA FLOW ALL LEVELS (85-90°) 10:00am 60 min - Lori Yoga Studio	MAT PILATES AND STRETCH 10:30am 60 min Pino Yoga Studio			HOT YOGA ALL LEVELS (85-90°) 11:00am 60 min Claudette Yoga Studio	HOT YOGA FLOW (90°) 10:15am 60 min Joseph Yoga Studio	HATHA YOGA 10:30am 60 min Amita Yoga Studio
pm	HOT YOGA INTERMEDIATE FLOW (85-90°) 6:00pm 60 min Joseph Yoga Studio	NEW! WARM POWER FLOW (80°) 6:00pm 60 min Angie Yoga Studio	HATHA YOGA 5:30pm 60 min Anna A Yoga Studio	ALL LEVELS YOGA 6:00pm 60 min Paul C Yoga Studio			
		YOGA ALL LEVELS (80°) 7:30pm 60 min Latika Yoga Studio					

*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.