

**MISSISSAUGA LOCATION**

2021 Cliff Road, Mississauga 905 275 0610

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

**EFFECTIVE JANUARY 15, 2024**

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	<b>BOXFIT</b> 7:00am 50 min Chris C.		<b>BOXFIT</b> 7:00am 50 min Chris C.		<b>BOXFIT</b> 7:00am 50 min Chris C.		
pm	<b>BOXFIT</b> 6:00pm 50 min Chris C.		<b>BOXFIT</b> 6:00pm 50 min Chris C.				

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

Registered participants can cancel online only up to 6 hours prior to the start of class. "No - shows" and last minute cancellations will be charged \$15.

Space is limited. Participants must register online for all classes. There will be no walk-in spots. Due to the popularity of our boxing program; members are restricted to signing up for one class per day.