

**MISSISSAUGA LOCATION**

2021 Cliff Road, Mississauga 905 275 0610  
 also available online at [www.onehealthclubs.com](http://www.onehealthclubs.com)

**EFFECTIVE JANUARY 22, 2024**

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	<b>NEW!</b> <b>BODYSULPT</b> 8:00am 45 min Anna		<b>BALL BLAST</b> 9:15am 60 min	<b>KETTLEBELL SCULPT</b> 9:00am 60 min Paul Condinho		<b>H.I.I.T</b> 9:00am 60 min Paul Condinho	<b>ZUMBA</b> 9:30am 60 min Kiran
	<b>H.I.I.T</b> 9:15am 60 min Paul Condinho	<b>TOTAL BODY CONDITIONING</b> 9:30am Heather	<b>NEW!</b> <b>CIRCUITS CHALLENGE</b> 10:45am 45 min Mona  *starts Feb 7		<b>BODYSULPT</b> 9:50am 45 min Anna A	<b>NEW!</b> <b>ZUMBA</b> 10:15am 60 min Lucita	<b>BODY SCULPT</b> 10:45am 45 min Kiran
pm	<b>H.I.I.T.</b> 6:00pm 45 min Paul Condinho	<b>ATHLETIC MUSCLE CONDITIONING</b> 5:30pm 60 min Karen		<b>GENTLE STRENGTH</b> 12:15pm Diane			
	<b>ZUMBA</b> 7:15pm 60 min Gemma	<b>NEW!</b> <b>CARDIO JAM</b> 7:00pm 50 min Chris	<b>ZUMBA</b> 7:00pm 60 min Gemma	<b>BODYSULPT</b> 7:00pm 45 min Anna A			

\*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.