

## 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>SPIN</b> 6:00am 45 min Michelle		<b>SPIN</b> 6:00am 45 min Michelle		<b>SPIN</b> 9:00am 45 min Karen	<b>SPIN</b> 9:00am 45 min Michelle B
	<b>NEW!</b> <b>SPIN</b> 9:30am 45 min Mike	<b>SPIN</b> 9:15am 45 min	<b>NEW!</b> <b>SPIN</b> 9:30am 45 min Heather *starts Jan. 31		<b>SPIN</b> 9:15am 45 min	<b>NEW!</b> <b>SPIN</b> 10:15am 45 min Mike	
pm	<b>NEW!</b> <b>SPIN</b> 6:15pm 45 min Heather		<b>SPIN</b> 6:00pm 45 min Laura	<b>SPIN</b> 5:30pm 45 min Karen			
		<b>SPIN</b> 6:00pm 45 min Paul Condinho					

\*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 Spin program; members are restricted to signing up for one class per day.