

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at www.onehealthclubs.com

EFFECTIVE JANUARY 15, 2024

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	CORE YOGA (85°) 6:30am 60 min Anna  Yoga Studio		SUNRISE YOGA (80°) 6:30am 60 min Latika  Yoga Studio	PILATES 9:00am 60 min Vesna Yoga Studio	SUNRISE YOGA (80°) 6:30am 60 min Angie  Yoga Studio	HATHA YOGA ALL LEVELS (80°) 9:00am 60 min Lori  Yoga Studio	YOGA (ALL LEVELS) 7:45am 60 min Amita Yoga Studio
	WARM YOGA FLOW ALL LEVELS (85-90°) 9:45am 60 min - Lori  Yoga Studio	HATHA YOGA 9:00am 60 min Amita Yoga Studio	YOGA STRETCH 9:00am 60 min Fariba Yoga Studio	YOGA (ALL LEVELS) 10:30am 60 min Lori Yoga Studio	HATHA YOGA 9:30am 60 min Amita Yoga Studio	HOT YOGA FLOW (90°) 10:15am 60 min Joseph  Yoga Studio	PILATES 9:00am 60 min Fariba Yoga Studio
	YOGA STRETCH (80°) 11:00am 60 min - Lori  Yoga Studio	MAT PILATES AND STRETCH 10:30am 60 min Pino Yoga Studio	POWER FLOW (INTERMEDIATE) (80°) 10:15am 60 min Joseph  Yoga Studio	NEW! BARRE 11:45am 60 min Kara Yoga Studio	HOT YOGA ALL LEVELS (85-90°) 11:00am 60 min Claudette  Yoga Studio	NEW! BARRE 11:30am 60 min Anna Yoga Studio	HATHA YOGA 10:15am 60 min Amita Yoga Studio
pm		ALL LEVELS FLOW (80°) 12:00pm 60 min Adeela  Yoga Studio	NEW! BARRE FOUNDATIONS 5:30pm 60 min Anna Yoga Studio				
	HOT YOGA INTER-MEDIATE FLOW (85-90°) 6:00pm 60 min Joseph  Yoga Studio	WARM POWER FLOW (80°) 6:00pm 60 min Angie  Yoga Studio	FLOW YOGA (85°) 6:45pm 60 min Rina  Yoga Studio	ALL LEVELS YOGA 6:00pm 60 min Paul C Yoga Studio	WARM ALL LEVELS FLOW 6:00pm 60 min Adeela  Yoga Studio		
	NEW! BARRE 7:30pm 60 min Rina Yoga Studio	YOGA ALL LEVELS (80°) 7:30pm 60 min Latika  Yoga Studio	NEW! WARM YOGALATES 8:00pm 60 min Rina  Yoga Studio	MAT PILATES 7:15pm 60 min Heather Yoga Studio			

*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.

Due to the popularity of our yoga program; members are restricted to signing up for one class per day.