

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610
 also available online at www.onehealthclubs.com

EFFECTIVE MARCH 25, 2024

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