

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		REFORMER FUNDAMENTALS 6:00am 60 min Iris		REFORMER FUNDAMENTALS 6:00am 60 min Iris			REFORMER FUNDAMENTALS 10:30am 60 min Pino
	HIIP (HIGH INTENSITY INTERVAL PILATES) 9:45am 60 min Pino		REFORMER FLOW 9:45am 60 min Pino	REFORMER FUNDAMENTALS 9:45am 60 min Pino	NEW! REFORMER 101 8:30am 60 min Heather *starting Apr. 5	HIIP (HIGH INTENSITY INTERVAL PILATES) 11:30am 60 min Pino	NEW! REFORMER FUNDAMENTALS 11:45am 60 min Pino
pm		REFORMER FLOW 12:00pm 60 min Pino				REFORMER FLOW 12:45pm 60 min Pino	
	HIIP (HIGH INTENSITY INTERVAL PILATES) 3:30pm 60 min Pino	REFORMER FLOW 3:30pm 60 min Pino	REFORMER FLOW 3:30pm 60 min Pino	REFORMER FLOW 3:30pm 60 min Pino			
	HIIP (HIGH INTENSITY INTERVAL PILATES) 4:45pm 60 min Pino	REFORMER FLOW 4:45pm 60 min Pino	REFORMER FLOW 4:45pm 60 min Pino	REFORMER FLOW 4:45pm 60 min Pino			
	NEW! REFORMER 101 6:00pm 60 min Vesna *starting Apr. 8	NEW! REFORMER FUNDAMENTALS 6:00pm 60 min Iris *starting Apr. 2		REFORMER 101 6:00pm 60 min Vesna			

*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 Pilates Reformer program; members are restricted to signing up for one class per day.