

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at www.onehealthclubs.com

EFFECTIVE APRIL 22, 2024

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

*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.