

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at [www.onehealthclubs.com](http://www.onehealthclubs.com)

EFFECTIVE APRIL 22, 2024

|    | monday   | tuesday   | wednesday  | thursday   | friday  | saturday  | sunday  |
|----|--|---|--|--|---|---|---|
| am |  | <b>NEW!</b><br><b>RIDE THE BEAT</b><br>6:00am<br>45 min<br>Michelle |  | <b>NEW!</b><br><b>POWER RIDE</b><br>6:00am<br>45 min<br>Michelle |   | <b>NEW!</b><br><b>POWER RIDE</b><br>9:00am<br>45 min<br>Karen | <b>NEW!</b><br><b>RIDE THE BEAT</b><br>9:00am<br>45 min<br>Michelle |
|    |  | <b>NEW!</b><br><b>RIDE THE BEAT</b><br>9:15am<br>45 min             |  |  | <b>NEW!</b><br><b>RIDE THE BEAT</b><br>9:15am<br>45 min |   |   |
| pm | <b>NEW!</b><br><b>RIDE THE BEAT</b><br>6:15pm<br>45 min<br>Chelsea |   | <b>NEW!</b><br><b>RIDE THE BEAT</b><br>6:00pm<br>45 min<br>Laura | <b>NEW!</b><br><b>POWER RIDE</b><br>5:30pm<br>45 min<br>Karen    |   |   |   |
|    |  | <b>NEW!</b><br><b>POWER RIDE</b><br>6:00pm<br>45 min<br>Paul        |  |  |   |   |   |

\*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.