







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	CORE YOGA: INTERMEDIATE (HOT)  6:30am 60 min Anna Yoga Studio		SUNRISE YOGA (HOT)  6:30am 60 min Latika Yoga Studio	PILATES 9:00am 60 min Vesna Yoga Studio	SUNRISE YOGA (HOT)  6:30am 60 min Angie Yoga Studio	HATHA YOGA (HOT)  9:00am 60 min Lori Yoga Studio	YOGA: ALL LEVELS 7:45am 60 min Amita Yoga Studio
	YOGA FLOW: ALL LEVELS (HOT)  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	POWER FLOW: INTERMEDIATE (HOT)  10:15am 60 min Joseph Yoga Studio	MAT PILATES 9:00am 60 min Fariba Yoga Studio
	YOGA STRETCH (HOT)  11:00am 60 min - Lori Yoga Studio	MAT PILATES AND STRETCH 10:30am 60 min Pino Yoga Studio	POWER FLOW; INTERMEDIATE (HOT)  10:15am 60 min Joseph Yoga Studio	BARRE 11:45am 60 min Kara Yoga Studio	YOGA: ALL LEVELS (HOT)  11:00am 60 min Claudette Yoga Studio	YOGA FLOW: INTERMEDIATE (HOT) 11:30am 60 min Joseph Yoga Studio	HATHA YOGA (HOT) 10:15am 60 min Amita Yoga Studio
pm	NEW TIME! YOGA FLOW: ALL LEVELS (HOT)  5:15pm 60 min Olympia Yoga Studio	YOGA FLOW: INTERMEDIATE (HOT)  12:00pm 60 min Adeela Yoga Studio	BARRE SCULPT (WARM) 5:30pm 45 min Anna Yoga Studio	NEW TIME! YOGA FLOW: ALL LEVELS (HOT)  5:15pm 60 min Lori Yoga Studio			
	NEW TIME! YOGA FLOW: INTERMEDIATE (HOT)  6:30pm 60 min Joseph Yoga Studio	POWER FLOW: INTERMEDIATE (WARM)  6:00pm 60 min Angie Yoga Studio	POWER FLOW: INTERMEDIATE (HOT)  6:45pm 60 min Mark Yoga Studio	NEW! YOGALATES: INTERMEDIATE (HOT) 6:30pm 60 min Rina Yoga Studio	YOGA FLOW: INTERMEDIATE (WARM)  6:00pm 60 min Adeela Yoga Studio		
	BARRE 7:45pm 60 min Rina Yoga Studio	NEW! YIN & CALM 7:15pm 60 min Ange Yoga Studio	NEW! MAT PILATES & STRETCH  8:15pm 60 min Heather Yoga Studio	NEW! RESTORATIVE YOGA 7:45pm 60 min Paul Yoga Studio			

*All classes are subject to change based on a minimum participation.

Warm – 75 degrees
Hot – 85-90 degrees

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.