

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at www.onehealthclubs.com

EFFECTIVE JUNE 22, 2024

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	BOXING 7:00am 50 min Chris	BOXFIT 7:30am 50 min David	BOXING 7:00am 50 min Chris	BOXFIT 7:30am 50 min Steve	BOXFIT 7:00am 50 min Chris		
	BOXFIT 10:30am 50 min Steve			BOXFIT 10:30am 50 min Steve		NEW! BOXFIT 9:00am 50 min Stevie	
		BOXING 11:30am 50 min Daniel			BOXING 11:30am 50 min David		
pm	BOXING 12:00pm 50 min Steve		BOXING 12:00pm 50 min Daniel	BOXING 12:00pm 50 min Steve			
	BOXING 6:00pm 50 min Chris	BOXFIT 6:00pm 50 min Chelsea	BOXING 6:00pm 50 min Chris	BOXFIT 6:00pm 50 min Caryssa <i>*new instructor</i>			
	BOXFIT 7:00pm 50 min Chris	BOXFIT 7:00pm 50 min Chris	BOXFIT 7:00pm 50 min Chris	BOXING 7:00pm 50 min Chris			

Boxing is available for Platinum and Diamond members.

PLEASE BRING YOUR OWN GLOVES.

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

Registered participants can cancel online only up to 3 hours prior to the start of class. "No - shows" and last minute cancellations will be charged \$15.