

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at www.onehealthclubs.com

EFFECTIVE JUNE 23, 2024

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

*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.