

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at www.onehealthclubs.com

EFFECTIVE JUNE 9, 2024

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am		NEW! REFORMER 101 5:30am 50 min Iris	NEW! HIIP (HIGH INTENSITY INTERVAL PILATES) 9:45am 60 min - Pino	NEW! REFORMER 101 5:30am 50 min Iris			
		NEW TIME! REFORMER FUNDAMENTALS 6:30am 50 min Iris		NEW TIME! REFORMER FUNDAMENTALS 6:30am 50 min Iris	NEW TIME! REFORMER 101 7:30am 50 min Heather		NEW! HIIP (HIGH INTENSITY INTERVAL PILATES) 10:30am 60 min - Pino
	HIIP (HIGH INTENSITY INTERVAL PILATES) 9:45am 60 min - Pino			REFORMER FUNDAMENTALS 9:45am 60 min Pino	NEW! REFORMER FUNDAMENTALS 8:30am 50 min Heather	HIIP (HIGH INTENSITY INTERVAL PILATES) 11:30am 60 min - Pino	NEW! REFORMER FLOW 11:45am 50 min Pino
pm	NEW! REFORMER FLOW 3:30pm 50 min Pino	NEW! REFORMER FUNDAMENTALS 12:00pm 50 min Pino				NEW! HIIP (HIGH INTENSITY INTERVAL PILATES) 12:45pm 60 min - Pino	NEW! REFORMER FUNDAMENTALS 12:45pm 50 min Pino
	NEW! REFORMER FLOW 4:30pm 50 min Pino	REFORMER FLOW 3:30pm 50 min Pino	REFORMER FLOW 3:30pm 50 min Pino	REFORMER FLOW 3:30pm 50 min Pino			
	NEW TIME! REFORMER 101 6:00pm 50 min Vesna	NEW TIME! REFORMER FLOW 4:30pm 50 min Pino	NEW TIME! REFORMER FLOW 4:30pm 60 min Pino	NEW TIME! REFORMER FLOW 4:30pm 50 min Pino			
		NEW! REFORMER 101 6:00pm 50 min Iris	NEW! REFORMER 101 6:00pm 50 min Heather	REFORMER 101 6:00pm 50 min Vesna			
	NEW! REFORMER FUNDAMENTALS 7:00pm 50 min Vesna	NEW! REFORMER FUNDAMENTALS 7:00pm 50 min Iris	NEW! REFORMER FUNDAMENTALS 7:00pm 50 min Heather	NEW! REFORMER FUNDAMENTALS 7:00pm 50 min Vesna			

*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.

Due to the popularity of our Pilates Reformer program; members are restricted to signing up for one class per day.