

**MISSISSAUGA LOCATION**

2021 Cliff Road, Mississauga 905 275 0610

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

**EFFECTIVE JUNE 26, 2024**

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

\*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.