















## MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

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

**EFFECTIVE JUNE 19, 2024**

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	<b>CORE YOGA: INTERMEDIATE (HOT)</b>  6:30am 60 min Anna Yoga Studio		<b>SUNRISE YOGA (HOT)</b>  6:30am 60 min Latika Yoga Studio	<b>PILATES</b> 9:00am 60 min Vesna Yoga Studio		<b>HATHA YOGA (HOT)</b>  9:00am 60 min Lori Yoga Studio	<b>YOGA: ALL LEVELS</b> 7:45am 60 min Amita Yoga Studio
	<b>YOGA FLOW: ALL LEVELS (HOT)</b>  9:45am 60 min Lori Yoga Studio	<b>HATHA YOGA</b> 9:00am 60 min Amita Yoga Studio	<b>YOGA STRETCH</b> 9:00am 60 min Fariba Yoga Studio	<b>YOGA: ALL LEVELS</b> 10:30am 60 min Lori Yoga Studio	<b>HATHA YOGA</b> 9:30am 60 min Amita Yoga Studio	<b>POWER FLOW: INTERMEDIATE (HOT)</b>  10:15am 60 min Joseph Yoga Studio	<b>MAT PILATES</b> 9:00am 60 min Fariba Yoga Studio
	<b>YOGA STRETCH (HOT)</b>  11:00am 60 min - Lori Yoga Studio	<b>MAT PILATES AND STRETCH</b> 10:30am 60 min Pino Yoga Studio	<b>POWER FLOW; INTERMEDIATE (HOT)</b>  10:15am 60 min Joseph Yoga Studio	<b>BARRE</b> 11:45am 60 min Kara Yoga Studio	<b>YOGA: ALL LEVELS (HOT)</b>  11:00am 60 min Claudette Yoga Studio	<b>YOGA FLOW: INTERMEDIATE (HOT)</b> 11:30am 60 min Joseph Yoga Studio	<b>HATHA YOGA (HOT)</b> 10:15am 60 min Amita Yoga Studio
pm	<b>YOGA FLOW: ALL LEVELS (HOT)</b>  5:15pm 60 min Olympia Yoga Studio		<b>BARRE SCULPT (WARM)</b> 5:30pm 45 min Anna Yoga Studio	<b>YOGA FLOW: ALL LEVELS (HOT)</b>  5:15pm 60 min Lori Yoga Studio			
	<b>YOGA FLOW: INTERMEDIATE (HOT)</b>  6:30pm 60 min Joseph Yoga Studio	<b>POWER FLOW: INTERMEDIATE (WARM)</b>  6:00pm 60 min Angie Yoga Studio	<b>POWER FLOW: INTERMEDIATE (HOT)</b>  6:45pm 60 min Mark Yoga Studio	<b>YOGALATES: INTERMEDIATE (HOT)</b> 6:30pm 60 min Rina Yoga Studio	<b>YOGA FLOW: INTERMEDIATE (WARM)</b>  6:00pm 60 min Adeela Yoga Studio		
	<b>BARRE</b> 7:45pm 60 min Rina Yoga Studio	<b>YIN &amp; CALM</b> 7:15pm 60 min Ange Yoga Studio		<b>RESTORATIVE YOGA</b> 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 3 hours prior to the start of class. “No - shows” and last minute cancellations will be charged \$15.