onehealthclubs

yoga/barre schedule

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610 also available online at **www.onehealthclubs.com**

EFFECTIVE JUNE 19, 2024

CORE YOGA: INTERMEDIATE (HOT) G:30am 60 min Anna Yoga Studio YOGA FLOW: ALL LEVELS (HOT) 9:45am 60 min Lori Yoga Studio	HATHA YOGA 9:00am 60 min Amita Yoga Studio MAT PILATES AND STRETCH 10:30am	wednesday SUNRISE YOGA (HOT) 6:30am 60 min Latika Yoga Studio YOGA STRETCH 9:00am 60 min Fariba Yoga Studio POWER FLOW;	thursday PILATES 9:00am 60 min Vesna Yoga Studio YOGA: ALL LEVELS 10:30am 60 min Lori Yoga Studio	friday HATHA YOGA 9:30am 60 min Amita Yoga Studio	Saturday HATHA YOGA (HOT) 9:00am 60 min Lori Yoga Studio POWER FLOW: INTERMEDIATE (HOT) 10:15am 60 min Joseph Yoga Studio	YOGA: ALL LEVELS 7:45am 60 min Amita Yoga Studio MAT PILATES 9:00am 60 min Fariba Yoga Studio
ALL LEVELS (HOT) 9:45am 60 min Lori Yoga Studio YOGA STRETCH (HOT) 11:00am	9:00am 60 min Amita Yoga Studio MAT PILATES AND STRETCH	9:00am 60 min Fariba Yoga Studio	ALL LEVELS 10:30am 60 min Lori	9:30am 60 min Amita	INTERMEDIATE (HOT) 10:15am 60 min Joseph	9:00am 60 min Fariba
(HOT) 11:00am	AND STRETCH	POWER FLOW;		1	1	4
Yoga Studio	60 min Pino Yoga Studio	INTERMEDIATE (HOT) 10:15am 60 min Joseph Yoga Studio	BARRE 11:45am 60 min Kara Yoga Studio	YOGA: ALL LEVELS (HOT) 11:00am 60 min Claudette Yoga Studio	YOGA FLOW: INTERMEDIATE (HOT) 11:30am 60 min Joseph Yoga Studio	HATHA YOGA 10:15am 60 min Amita Yoga Studio
YOGA FLOW: ALL LEVELS (HOT) 5:15pm 60 min Olympia Yoga Studio		BARRE SCULPT (WARM) 5:30pm 45 min Anna Yoga Studio	YOGA FLOW: ALL LEVELS (HOT) 5:15pm 60 min Lori Yoga Studio			
YOGA FLOW: INTERMEDIATE (HOT) 6:30pm 60 min Joseph Yoga Studio	POWER FLOW: INTERMEDIATE (WARM) 6:00pm 60 min Angie Yoga Studio	POWER FLOW: INTERMEDIATE (HOT) 6:45pm 60 min Mark Yoga Studio	YOGALATES: INTERMEDIATE (HOT) 6:30pm 60 min Rina Yoga Studio	YOGA FLOW: INTERMEDIATE (WARM) 6:00pm 60 min Adeela Yoga Studio		
BARRE 7:45pm 60 min Rina	YIN & CALM 7:15pm 60 min Ange Yoga Studio		RESTORATIVE YOGA 7:45pm 60 min Paul			
	YOGA FLOW: ALL LEVELS (HOT) 5:15pm 60 min Olympia Yoga Studio YOGA FLOW: INTERMEDIATE (HOT) 6:30pm 60 min Joseph Yoga Studio BARRE 7:45pm 60 min	Yoga StudioYoga StudioYOGA FLOW: ALL LEVELS (HOT)	Yoga StudioJoseph Yoga StudioYOGA FLOW: ALL LEVELS (HOT) 5:15pm 60 min Olympia Yoga StudioBARRE SCULPT (WARM) 5:30pm 45 min Anna Yoga StudioYOGA FLOW: 0 Olympia Yoga StudioPOWER FLOW: INTERMEDIATE (WARM) 6:00pm 60 min Angie Yoga StudioPOWER FLOW: INTERMEDIATE (HOT) 6:30pm 60 min Angie Yoga StudioBARRE 7:45pm 60 min RinaYIN & CALM 7:15pm 60 min AngeYIN & CALM 7:15pm 60 min Ange	Yoga StudioYoga StudioJoseph Yoga StudioYoga StudioYOGA FLOW: ALL LEVELS (HOT)	Yoga StudioYoga StudioJoseph Yoga StudioYoga StudioYoga StudioClaudette Yoga StudioYOGA FLOW: ALL LEVELS (HOT) 5:15pm 60 min Olympia Yoga StudioHARRE SCULPT (WARM)YOGA FLOW: ALL LEVELS (HOT) 5:30pm 45 min AnnaYOGA FLOW: ALL LEVELS (HOT) 5:30pm 60 min Lori Yoga StudioYOGA FLOW: ALL LEVELS (HOT) 5:30pm 6:30pm 6:30pm 6:30pm 6:0 min AngiePOWER FLOW: INTERMEDIATE (WARM) 6:45pm 6:45pm 6:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:0 min Angie Yoga StudioYOGA FLOW: INTERMEDIATE (WARM) 6:45pm 6:45pm 6:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:0 min Angie Yoga StudioYOGA FLOW: INTERMEDIATE (WARM) 6:45pm 6:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:0 min Angie Yoga StudioYOGA FLOW: INTERMEDIATE (WARM) 6:45pm 6:30pm 6:30pm 6:30pm 6:30pm 6:0 min Angie Yoga StudioYOGA FLOW: INTERMEDIATE (WARM) 6:45pm 6:30pm 6:30pm 6:30pm 6:30pm 6:0 min Adeela Yoga StudioYOGA FLOW: INTERMEDIATE (WARM) 6:00pm 6:0 min Angie Yoga StudioYOGA FLOW: INTERMEDIATE (WARM) 6:30pm 6:0 min Angie YOGA StudioBARRE 7:45pm 60 min RinaYIN & CALM AngeRESTORATIVE YOGA 7:45pm 60 min PaulYOGA Studio	Voga StudioJoseph Yoga StudioJoseph Yoga StudioYoga StudioClaudette Yoga StudioJoseph Yoga StudioYOGA FLOW: ALL LEVELS (HOT)BARRE SCULPT (WARM)YOGA FLOW: ALL LEVELS (HOT)YOGA FLOW: ALL LEVELS (HOT)Singpm 45 min Anna Yoga StudioYOGA FLOW: ALL LEVELS (HOT)YOGA FLOW: ALL LEVELS (HOT)YOGA FLOW: Singpm 60 min Lori Yoga StudioYOGA FLOW: NTERMEDIATE (WARM)YOGA FLOW: Singpm 60 min Comin Comin Comin Singpm SingpmYOGA FLOW: NTERMEDIATE (HOT)YOGA FLOW: NTERMEDIATE (HOT) 6:30pm 60 min AngieYOWER FLOW: NTERMEDIATE (HOT) 6:45pm 60 min Mark Yoga StudioYOGA FLOW: NTERMEDIATE (WARM) 6:00pm 60 min Rina Yoga StudioYOGA FLOW: NTERMEDIATE (WARM) 6:00pm 60 min Adeela Yoga StudioYOGA FLOW: NTERMEDIATE (WARM) 6:00pm 60 min Adeela Yoga StudioYOGA FLOW: NTERMEDIATE (WARM) 6:00pm 60 min Rina Yoga StudioYOGA FLOW: NTERMEDIATE (WARM) 6:00pm 60 min Adeela Yoga StudioYOGA FLOW: NTERMEDIATE (WARM) 6:00pm 6:00pm 6:00pm 6:00pm 6:00pm

*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.