



Drop-in Fitness Schedule

Cheam Leisure Centre

Effective September 12 2022 - Aquafit classes will be added when the pool re-opens

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
6:30							
7:00							
7:30							
8:00							
8:30		8:30am-9:30am Aquafit *When pool opens			8:30am-9:30am Aquafit ***		
9:00		9:30am-10:30am Pilates	9:00am-10:00am Tot Body Strength	9:15am-10:15am Zumba	9:30am-10:15am Pilates	9:00am-10:00am Tot Body Strength	9:00am-9:45am Fusion *NEW
9:30							10:00am-11:00am Zumba
10:00	10:30am-11:30am Strength & Balance			10:30a-11:30am Strength & Balance			
10:30							
11:00			11:00am-12:00pm Life Fit		11:00am-12:00pm Life Fit	11:00am-12:00pm Yoga	
11:30							
12:00							
12:30					12:15pm-1:15pm Yin Yoga - Stetch *NEW		
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30		5:45pm-6:45pm Zumba					
18:00							
18:30							
19:00	7:00pm-7:45pm Aquafit *When pool opens	7:00pm-7:45pm Aquafit *When pool opens					
19:30							
20:00							
20:30							
21:00							
21:30							