



Gymnasium

Cheam Leisure Centre

Effective September 23 2022

	North	South	North	South	North	South	North	South	North	South	North	South						
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY					
6:00	6:00am-10:15am Open Gym		6:00am-10:30am Open Gym		6:00am-8:45am Open Gym		6:00am-9:00am Open Gym		6:00am-8:45am Open Gym									
6:30																		
7:00					9:00am-10:00am Tot Body Strength		9:00am-11:00am Open Gym		9:15am-10:15am Zumba		9:00am-10:15am Open Gym		9:00am-10:00am Tot Body Strength		9:00am-10:00am Open Gym		Open Gym 7:30am-1pm	
7:30																		
8:00	10:30am-11:30am Strength & Balance		10:30am-12:00pm Family Drop-in Gym		11:00am-12:00pm Life Fit		10:30a-11:30am Strength & Balance		10:00am-11:00am Open Gym		10:00am-11:00am Zumba		Open Gym 1pm-3:30pm		Drop-In Badminton 1pm-3pm			
8:30																		
8:30	12:00pm-2:00pm Seniors Soccer		12:15pm-2:15pm Drop-in Pickleball		12:15pm-3:45pm Open Gym		12:00pm-2:00pm Seniors Soccer		12:15pm-2:15pm Drop-in Pickleball		11:00am-1:00pm Open Gym		Open Gym 1pm-3:30pm		Drop-In Badminton 1pm-3pm			
9:00																		
9:00	2:00pm-4:00pm Open Gym		2:30pm-5:30pm Open Gym		4:00-6:00pm BC Bounce		2:15pm-5:00pm Open Gym		2:30pm-5:15pm Open Gym		1:00pm-3:00pm Drop-in Adult Floor Hockey							
9:30																		
10:00	4:00-6:00pm BC Bounce		5:45pm-6:45pm Zumba		5:30pm-7:00pm Open Gym		5:00pm-6:30pm Drop-in Volleyball		5:30pm-7:30pm Drop-In Soccer									
10:30																		
11:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
11:30																		
12:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
12:30																		
13:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
13:30																		
14:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
14:30																		
15:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
15:30																		
16:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
16:30																		
17:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
17:30																		
18:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
18:30																		
19:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
19:30																		
20:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
20:30																		
21:00	6:30pm-8:00pm Cheetahs Wheelchair Basketball		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop-in Basketball		6:45pm-9:45pm Women's League Volleyball		6:45pm-9:45pm Co-Ed League Volleyball									
21:30																		