

Cheam Fitness Schedule Feb 8 - Mar 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 8:30-9:30AM			Aquafit 8:30-9:30am Pool			
Spin 9:45-10:30 Spin studio	Pilates 9:30-10:30am MP Room	Total Body Strength 9:00-10:00am North Gym	Zumba 9:15-10:15am Gymnasium	Total Body Strength 9:00-10:00am Gymnasium	Fusion 9:15am-10:00am MP	
Strength & Balance 10:30-11:30am Gymnasium		Spin 9:45-10:30 Spin studio	Pilates 9:30-10:15am MP Room		Zumba 10:15am-11:15am Gymnasium	
		Lifefit 10:45-11:30am South Gym	Strength & Balance 10:30-11:30am Gymnasium	Yoga 11:00am-12:00pm MP		
	Zumba 5:45-6:45pm Gymnasium			Yin Yoga 12:15-1:15pm MP		
	Spin 6:00-7:00PM Spin studio		Spin 6:00-7:00PM Spin studio			* Please note the gymnasium will be closed to the Public on Sunday, March 5 for a volleybal Itournament
	Aquafit 7:00-8:00pm Pool			This schedule is subject to change. For the most up to date schedule information, please visit our website: cheamleisurecentre.ca		