



Gymnasium

Cheam Leisure Centre

February 20th-March 19th

	North		South		North		South		North		South		North		South		North		South	
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY							
6:00AM	6:00am-8:30am Open Gym		6:00am-12:00pm Open Gym		6:00am-8:45am Open Gym		6:00am-9:00am Open Gym		6:00am-8:45am Open Gym											
6:30AM																				
7:00AM																				
7:30AM																				
8:00AM																				
8:30AM	8:30am-9:30am HITT																			
9:00AM	9:30am - 10:30am Open Gym				9:00am - 10:00am Total Body Strength		9:00am - 10:45am Open Gym		9:15am-10:15am Zumba		9:00am-11:30am Open Gym		9:00am-10:00am Total Body Strength		9:00am-10:00am Open Gym		9:00am-10:15am Open gym		7:30am-11:00am Open Gym	
9:30AM																				
10:00AM																				
10:30AM	10:30am-11:30am Strength and Balance		10:30am-12:00pm Family Drop In Gym		10:45am - 11:30am Lifefit		10:30am-11:30am Strength and Balance		10:00am-12:00pm Open Gym		10:15am-11:15am Zumba		10:30am - 11:30am Open Gym							
11:00AM																				
11:30AM																				
12:00PM	12:00pm-2:00pm Seniors Soccer		12:15pm-2:15pm Drop In Pickleball		11:30am-4:00pm Open Gym		12:00pm-2:00pm Seniors Soccer		12:15pm-2:15pm Drop In Pickleball		11:30am - 1:00pm Open Gym		11:00am-1:00pm Drop In Badminton		11:00am-1:00pm Open Gym					
12:30PM																				
1:00PM																				
1:30PM																				
2:00PM	2:00pm-4:00pm Open Gym		2:30pm-5:30pm Open Gym				2:00pm-5:00pm Open Gym		2:30pm-5:30pm Open Gym		1:00pm - 3:00pm Drop-in Ball Hockey		1:00pm-3:00pm Open Gym							
2:30PM																				
3:00PM																				
3:30PM																				
4:00PM	4:00pm-6:00pm BC Bounce		5:45pm-6:45pm Zumba		5:45pm-6:45pm Open Gym		4:00pm-6:45pm BC Bounce		5:00pm-6:30pm Drop In Volleyball		5:30pm-7:30pm Drop In Soccer									
4:30PM																				
5:30PM																				
5:45PM																				
6:00PM	6:00pm -7:00pm Open Gym		6:15pm-8:00pm Open Gym		7:00pm-8:30pm Drop In Basketball		6:45pm-10:00pm Women's League Volleyball		6:45pm-10:00pm Co-Ed League Volleyball											
6:30PM																				
7:00PM	7:00pm -8:30pm Cheetahs Basketball																			
7:30PM																				
8:00PM																				
8:30PM																				
9:00PM																				
9:30PM																				

* Please note the gymnasium will be closed to the Public on Sunday, March 5 for a volleyball tournament