

Cheam Fitness Schedule March 20th - April 3rd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit 8:30-9:30am Pool **NEW**		Aquafit 8:30-9:30am Pool **New**		Aquafit 8:30-9:30am Pool **NEW**		
HIIT 8:15-9:15am North Gym		HIIT 8:15-9:15am North Gym **NEW**	Aquafit 8:30-9:30am Pool			
Spin 9:45-10:30am Spin studio		Spin 9:45-10:30am Spin studio	Zumba 9:15-10:15am Gymnasium	Total Body Strength 9:15-10:15am Gymnasium	Fusion 9:15am-10:00am MP	
Strength & Balance 10:30-11:30am Gymnasium	Zumba 5:45-6:45pm Gymnasium **No class March 22	Total Body Strength 9:15-10:15am Gymnasium	Strength & Balance 10:30-11:30am Gymnasium		Zumba 10:15am-11:15am Gymnasium	
	Spin 6:00-6:45 Spin studio	LifeFit 10:45 - 11:30am South Gym		Yoga 11:00am-12:00pm MP		
	Aquafit 7:00-8:00pm Pool		Spin 6:00-6:45pm Spin studio	Yin Yoga 12:15-1:15pm MP		
			Tabbata 7:00-7:30pm MP Room **NEW**	This schedule is subject to change. For the most up to date schedule information, please visit our website: cheamleisurecentre.ca		