

Cheam Fitness Schedule April 3rd - July 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit 8:30-9:30am Pool		Pilates 6:30-7:15am MP Room **NEW**		Aquafit 8:30-9:30am Pool		
HIIT 8:15-9:15am North Gym **No Class April 3		HIIT 8:15-9:15am South Gym *No Class April 5	Aquafit 8:30-9:30am Pool			
Spin 9:30-10:15am Spin studio **No Class April 3	Pilates 9:15-10:00am MP Room	Aquafit 8:30-9:30am Pool				
Strength & Balance 10:30-11:30am Gymnasium	Pilates 10:15-11:00am MP Room **NEW**	Total Body Strength 9:15-10:15am North Gym	Zumba 9:15-10:15am North Gym	Total Body Strength 9:15-10:15am Gymnasium	Fusion 9:15am-10:00am MP	
	Zumba 5:45-6:45pm North Gym	Spin 9:45-10:30 Spin studio *no Class April 5	Pilates 9:30-10:15am MP Room **NEW**	LifeFit 10:30 - 11:15am Gymnasium **NEW**	Zumba 10:15am-11:15am Gymnasium	
	Spin 6:00-6:45 *no Class April 4, 11, 25 & May 2	LifeFit 10:45 - 11:30 Full Gym ** No Class April 5	Strength & Balance 10:30-11:30am Gymnasium	Yoga 11:00am-12:00pm MP		
	HITT 7:00-8:00PM North Gym *no Class April 4, 11, 25 & May 2 **NEW**	Yoga 5:15-6:15pm MP *no Class May 17 **NEW**	Spin 6:00-6:45 Spin studio *No Class April 6	Yin Yoga 12:15-1:15pm MP		*** No classes April 7, April 10, May 22 due to Stat Holidays
	Aquafit 7:00-8:00pm Pool	Gentle Yoga 6:30-7:30pm MP *no Class May 17 **NEW**	Tabbata 7:00-7:30pm MP **No Class April 6 **NEW**	This schedule is subject to change. For the most up to date schedule information, please visit our website: cheamleisurecentre.ca		