



Gymnasium

Cheam Leisure Centre

April 3rd - July 2nd

	North		South		North		South		North		South		North		South	
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
6:00AM																
6:30AM	6:00-8:00AM Drop-in Pickleball (Beginner)								6:00-8:00AM Drop-in Pickleball (All Levels)							
7:00AM					6:00-9:15AM Open Gym		6:00-9:00AM Open Gym		6:00-9:00AM Open Gym							
7:30AM									6:00-10:15AM Open Gym							
8:00AM	6:00-10:15AM Open Gym															
8:30AM	8:15-9:15AM HITT		6:00-12:00PM Open Gym		8:15-9:15am HITT				8:15-9:15AM Open Gym		7:00 - 10:00AM Open Gym		7:00-11:00AM Open Gym			
9:00AM																
9:30AM	9:30-10:15AM Open Gym				9:15-10:15AM Total Body Strength		9:15-10:15AM Zumba		9:15-10:15AM Total Body Strength							
10:00AM					9:30-10:30 Open Gym											
10:30AM	10:30-11:30AM Strength & Balance						10:30-11:30AM Strength & Balance		10:30-11:15AM LifeFit		10:15-11:15AM Zumba		10:00-11:30AM Open Gym			
11:00AM					10:45-11:30AM LifeFit											
11:30AM					11:30-12PM Open Gym				11:30-12PM Open Gym							
12:00PM	12:00-2:00PM Seniors Soccer		12:00-2:30PM Drop-in Pickleball (All Levels)		12:00-2:00PM Family Drop-In Gym		12:00-2:00PM Seniors Soccer		12:00-2:30PM Drop-in Pickleball (Beginner)		11:30 - 1:00PM Open Gym		11:00 - 3:00PM Drop-in Badminton			
12:30PM																
1:00PM	2:00-4:00PM Open Gym		2:30-5:30PM Open Gym		2:00-4:00PM Open Gym		2:00-5:00PM Open Gym		2:30-5:00PM Open Gym		1:00 - 5:00PM Drop-in Ball Hockey		3:00-5:00PM Open Gym			
1:30PM																
2:00PM																
2:30PM																
3:00PM	4:00-5:00PM BC Bounce (G2-5)				4:00-5:00PM BC Bounce (G2-5)				5:00-6:30PM Drop In Volleyball		5:00-7:00PM Drop In Soccer					
3:30PM																
4:00PM	5:00-6:00PM Open Gym		2:30-9:00PM Open Gym		5:00-6:00PM Open Gym		5:00-6:30PM Drop In Volleyball		5:00-7:00PM Drop In Soccer							
4:30PM	6:00pm-7:00PM BC Bounce (G6-9)				6:00pm-7:00PM BC Bounce (G6-9)											
5:00PM																
5:30PM	7:00pm - 8:30pm Cheetahs Basketball						6:45-10:00PM Co-Ed League Volleyball <small>*until Apr 27</small>		7:00-9:00PM Drop In Badminton							
6:00PM	7:00-9:00PM Open Gym						Drop-in Ball Hockey starting May 4									
6:30PM																
7:00PM																
7:30PM																
8:00PM																
8:30PM																
9:00PM																
9:30PM																

* Please note the gymnasium will be closed to the Public on Saturday, April 29 for a volleyball tournament