

## Cheam Fitness Schedule April 3rd- July 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit 8:30-9:30am Pool Last class June 26		Pilates 6:30-7:15am MP Room <b>**NEW**</b> Last class June 21		Aquafit 8:30-9:30am Pool		
HIIT 8:15-9:15am North Gym Last class June 19		HIIT 8:15-9:15am South Gym Last class June 21	Aquafit 8:30-9:30am Pool Last class Jun 15			
Spin 9:30-10:15am Spin studio Last class June 19	Pilates 9:15-10:00am MP Room Last class June 20	Aquafit 8:30-9:30am Pool				
Strength & Balance 10:30-11:30am Gymnasium	Pilates 10:15-11:00am MP Room <b>**NEW**</b> Last class June 20	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 9:30-10:15 Spin studio Last class June 21	Pilates 9:30-10:15am MP Room Last class June 22	LifeFit 10:30 - 11:15am Gymnasium <b>**NEW**</b>	Zumba 10:15am-11:15am Gymnasium	
	Spin 6:00-6:45 Spin studio Last class June 20	LifeFit 10:45 - 11:30 Full Gym Last class June 21	Strength & Balance 10:30-11:30am Gymnasium	Yoga 11:00am-12:00pm MP		
	HITT 7:00-8:00PM North Gym <b>**NEW**</b> Last class June 20	Yoga 5:15-6:15pm MP <b>**NEW**</b>	Spin 6:00-6:45 Spin studio Last class June 22	Yin Yoga 12:15-1:30pm MP		<b>** No classes April 7, April 10, May 22 due to Stat Holidays. No classes April 29th due to a tournament.</b>
	Aquafit 7:00-8:00pm Pool No class June 6, 13 and July 4	Gentle Yoga 6:30-7:30pm MP <b>**NEW**</b>	Tabata 7:00-7:30pm MP <b>**NEW**</b> Last class June 22	This schedule is subject to change. For the most up to date schedule information, please visit our website: <a href="http://cheamleisurecentre.ca">cheamleisurecentre.ca</a>		