



Gymnasium

Cheam Leisure Centre

July 31 - September 2

	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)		6:00-10:15AM Open Gym		6:00-8:15AM Drop-in Pickleball (All Levels)		6:00-9:00AM Open Gym		6:00-8:00AM Drop-in Pickleball (All Levels)		6:00-9:00AM Open Gym					
7:00AM					6:00-9:15AM Open Gym											
7:30AM																
8:00AM			8:00-9:00AM Cardio & Strength		8:00-9:00AM Open Gym				6:00-10:15AM Open Gym		8:15-9:15AM Open Gym		7:00 - 10:00AM Open Gym			
8:30AM	6:00-10:15AM Open Gym															
9:00AM	8:00-10:30AM Open gym															
9:30AM			9:00-10:30AM Open Gym		9:15-10:15AM Total Body Strength		8:15-10:30 Open Gym				9:15-10:15AM Total Body Stength				7:00-11:00AM Open Gym	
10:00AM							9:15-10:15AM Zumba									
10:30AM	10:30-11:30AM Strength & Balance		10:30-12:00pm Drop-in Ladies Pickleball (All Levels)		10:45-11:30AM LifeFit		10:30-11:30AM Strength & Balance		10:30-11:15AM LifeFit		10:15-11:15AM Zumba		10:00-11:30AM Open Gym			
11:00AM																
11:30AM																
12:00PM					11:30-1:00 Open Gym		12:00-2:00PM Open Gym		11:30-12PM Open Gym		11:30 - 1:00PM Open Gym					
12:30PM			12:00-2:30PM Drop-in Pickleball (All Levels)						12:00-2:30PM Drop-in Pickleball (Beginner)				11:00 - 3:00PM Drop-in Badminton			
1:00PM					11:30-4:00 Open Gym											
1:30PM							1:00-4:00 Indoor Family Gym									
2:00PM									2:00-5:00PM Family Indoor Gym							
2:30PM											1:00 - 5:00PM Drop-in Ball Hockey					
3:00PM	12:00-9:00PM Open Gym								2:30-5:00PM Open Gym							
3:30PM																
4:00PM																
4:30PM																
5:00PM					4:00-7:00PM Open Gym											
5:30PM			2:30-9:00PM Open Gym				5:00-6:30PM Drop In Volleyball		5:00-7:00PM Drop In Soccer							
6:00PM																
6:30PM																
7:00PM																
7:30PM	7:00pm - 8:30pm Cheetahs Basketball **until Apr 17		7:00-9:00PM Open Gym				6:45-10:00PM Co-Ed League Volleyball *until Apr 27 Drop-in Ball Hockey starting May 4		7:00-9:00PM Drop In Badminton							
8:00PM					7:00pm - 10:00pm Drop-in Ball Hockey											
8:30PM																
9:00PM																
9:30PM																

* Please note the gymnasium will be closed to the Public from July 24 - August 7 for floor refinishing