



Gymnasium

Cheam Leisure Centre

July 3 - July 30

	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		6:00-10:30 Open Gym		6:00-8:15AM Drop-in Pickleball (All Levels)		6:00-8:00AM Drop-in Pickleball (All Levels)		6:00-9:00AM Open Gym					
7:00AM					6:00-9:15AM Open Gym		6:00-9:00AM Open Gym		6:00-9:00AM Open Gym		7:00 - 10:00AM Open Gym					
7:30AM																
8:00AM			8:00-9:00AM Cardio & Strength						8:15-9:15AM Open Gym							
8:30AM			8:00-9:00AM Open Gym						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								7:00-11:00AM Open Gym	
10:00AM							9:15-10:15AM Zumba		9:15-10:15AM Total Body Strength							
10:30AM	10:30-11:30AM Strength & Balance *no class July		10:30-12:00pm Drop in Ladies Pickleball (All Levels)		10:30-12PM Open Gym		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									11:30-12PM Open Gym		11:30 - 1:00PM Open Gym					
12:00PM					12:00-2:00PM Family Drop-In Gym										11:00 - 3:00PM Drop-in Badminton	
12:30PM			12:00-2:30PM Drop-in Pickleball (All Levels)				12:00-5:00PM Open Gym		12:00-2:30PM Drop-in Pickleball (Beginner)							
1:00PM											1:00 - 5:00PM Drop-in Ball Hockey					
1:30PM																
2:00PM																
2:30PM																
3:00PM			2:30-5:30PM Open Gym						2:30-5:00PM Open Gym							
3:30PM																
4:00PM																
4:30PM	12:00-9:00PM Open Gym				2:00-7:00PM Open Gym											
5:00PM																
5:30PM																
6:00PM			2:30-9:00PM Open Gym				5:00-6:30PM Drop In Volleyball		5:00-7:00PM Drop In Soccer							
6:30PM																
7:00PM																
7:30PM																
8:00PM			5:45-6:45PM Zumba													
8:30PM																
9:00PM			7:00-9:00PM Open Gym		7:00pm - 10:00pm Drop-in Ball Hockey		6:45-10:00PM Drop-in Gym		7:00-9:00PM Drop In Badminton							
9:30PM																

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