



Cheam Fitness Schedule September 4 - December 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Pilates 6:30am-7:15am MP Room				
		Aquafit 8:30am-9:30am Pool	Aquafit 8:30am-9:30am Pool	Aquafit 8:30am-9:30am Pool		
HIIT 8:15am-9:15am North Gym	Pilates 9:15am-10:00am MP Room	HIIT 8:15am-9:15am South Gym	Pilates 9:15am-10:00am MP Room	HIIT 8:15am-9:15am North Gym ***New***		
Indoor Cycle 9:30am-10:15am Cycle studio		Pilates 9:15am-10:15am MP Room ***New***	Zumba 9:15am-10:15am North Gym	Indoor Cycle 9:30am-10:15am Cycle studio ***New***		
Gentle Yoga 9:30am-10:30am MP Room ***New*** Starts Sept. 18	Cardio Sculpt 9:30am-10:30am Full Gym	Total Body Strength 9:15am-10:15am North Gym		Cardio Strength 9:15am-10:15am Full Gym	Fusion 9:15am-10:00am MP Room	
		Indoor Cycle 9:30am-10:15am Cycle studio				
Strength & Balance 10:30am-11:30am Full Gym	Pilates 10:15am-11:00am MP Room	Pilates 10:30am-11:30am MP Room ***New***	Strength & Balance 10:30am-11:30am Full Gym	LifeFit 10:30am-11:15am Full Gym	Zumba 10:15am-11:15am Full Gym	
Fusion 10:45am-11:45am MP Room ***New*** Starts Sept. 18	Glutes and Core 5:00pm-5:30pm ***New***			Yoga 11:00am-12:00pm MP Room		
Indoor Cycle 5:30pm-6:30pm Cycle studio ***New***	Zumba 5:45pm-6:45pm Full Gym			Yin Yoga 12:15pm-1:30pm MP Room		
Core and Upper Body Strength 6:45pm-7:15pm MP Room ***New***	Indoor Cycle 6:00pm-6:45pm Cycle studio	Indoor Cycle 6:00pm-7:00pm Cycle studio ***New***	Indoor Cycle 6:00pm-6:45pm Cycle studio			
	HITT 7:00pm-8:00pm North Gym	Yoga 5:15pm-6:15pm MP Room	Tabata 7:00pm-7:30pm MP Room		** No classes September 4, 30, October 9, November 11.	
	Aquafit 7:00pm-8:00pm Pool	Yin Yoga 6:30pm-7:45pm MP Room ***New***		This schedule is subject to change. For the most up to date schedule information follow us on Facebook and Instagram		
Child minding is available for ages 18 months to 5 years. Tuesdays 5:00pm-7:00pm Thursdays 5:30pm-7:30pm						