



Gymnasium Cheam Leisure Center

September 4 - December 24

	North		South		North		South		North		South		North		South													
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY			
6:00AM																												
6:30AM	6:00am-8:00am Drop-in Pickleball (Beginner)				6:00am-10:30am Open Gym				6:00am-8:00am Drop-in Pickleball (All Levels)				6:00am-9:00am Open Gym															
7:00AM																												
7:30AM																												
8:00AM			6:00am-10:15am Open Gym										6:00am-10:15am Open Gym															
8:30AM	8:15am-9:15am HIIT								8:15am-9:15am HIIT						8:15am-9:15am HIIT													
9:00AM																												
9:30AM	9:30am-10:15am Open Gym				9:30am-10:30am Cardio Sculpt				9:15am-10:15am Total Body Strength				9:15am-10:15am Zumba				9:15am-10:15am Cardio Strength								8:00-11:00AM Open Gym		8:00-11:00AM Indoor Family Playground	
10:00AM																												
10:30AM	10:30am-11:30am Strength & Balance								8:00am-1:00pm Open Gym				10:30am-11:30am Strength & Balance				10:30am-11:15am LifeFit				10:15am-11:15am Zumba		10:00am-11:30am Open Gym					
11:00AM					10:45am-12:00pm Ladies Pickleball (All Levels)																							
11:30AM																												
12:00PM																												
12:30PM																												
1:00PM	12:00pm-2:00pm Seniors Soccer				12:00pm-2:30pm Drop-in Pickleball (All Levels)				10:15am-4:00pm Open Gym				12:00pm-2:00pm Seniors Soccer				12:00pm-2:30pm Drop-in Pickleball (Beginner)								11:00 - 3:00PM Drop-in Badminton			
1:30PM																												
2:00PM									1:00pm-4:00pm Indoor Family Playground																			
2:30PM	2:00pm-4:00pm Open Gym												2:00pm-5:00pm Open Gym		2:00pm-5:00pm Indoor Family Playground													
3:00PM																												
3:30PM					2:30pm-4:45pm Open Gym																							
4:00PM	4:00pm-5:00pm BC Bounce																											
4:30PM									4:00pm-5:00pm BC Bounce																			
5:00PM	5:00pm-6:00pm BC Bounce				5:00pm-5:30pm Glutes and Core		2:30pm-8:15pm Open Gym		5:00pm-6:00pm BC Bounce				5:00pm-6:30pm Drop In Volleyball				5:00pm-7:00pm Drop In Soccer											
5:30PM																												
6:00PM	6:00pm-7:00pm BC Bounce				5:45pm-6:45pm Zumba				6:00pm-6:45pm BC Bounce																			
6:30PM																												
7:00PM																												
7:30PM	7:00pm-8:30pm Cheetahs Basketball		7:00pm-8:30pm Open Gym		7:00pm-8:00pm HIIT				6:45pm-10:00pm Women's League Volleyball				6:30pm-9:30pm Co-Ed League Volleyball				7:00pm-9:00pm Drop In Badminton											
8:00PM																												
8:30PM																												
9:00PM	8:30pm-10:00pm Open Gym				8:15pm-10:00pm Drop in Ball Hockey																							
9:30PM																												
													9:30pm-10:00pm Open Gym															

