



Gymnasium Cheam Leisure Center

September 4 - December 24

	North	South	North	South	North	South	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-8:00am Open Gym		6:00am-8:00am Drop-in Pickleball (All Levels)		6:00am-9:00am 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												
8:30AM	8:15am-9:15am HIIT													
9:00AM														
9:30AM	9:30am-10:15am Open Gym				9:15am-10:15am Total Body Strength				9:15am-10:15am Zumba		9:15am-10:15am Cardio Strength			
10:00AM														
10:30AM														
11:00AM	10:30am-11:30am Strength & Balance													
11:30AM														
12:00PM														
12:30PM														
1:00PM	12:00pm-2:00pm Seniors Soccer													
1:30PM														
2:00PM														
2:30PM	2:00pm-4:00pm Open Gym													
3:00PM														
3:30PM														
4:00PM	4:00pm-5:00pm BC Bounce													
4:30PM														
5:00PM														
5:30PM	5:00pm-6:00pm BC Bounce													
6:00PM	6:00pm-7:00pm BC Bounce													
6:30PM														
7:00PM														
7:30PM	7:00pm-8:30pm Cheetahs Basketball													
8:00PM		7:00pm-8:30pm Open Gym												
8:30PM														
9:00PM	8:30pm-10:00pm Open Gym													
9:30PM														

Gymnasium will be closed for special events on November 4 and December 9.

