



Cheam Fitness Schedule March 18-31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 8:15am-9:15am North Gym No class March 18		HIIT 8:00am-9:00am South Gym		HIIT 8:15am-9:00am South Gym		
Aquafit 8:30am-9:30am Pool		Aquafit 8:30am-9:30am Pool	Aquafit 8:30am-9:30am Pool No class March 21	Aquafit 8:30am-9:30am Pool		
		Total Body Strength 9:15am-10:15am North Gym	Zumba 9:15am-10:15am North Gym	Cardio Strength 9:15am-10:15am Full Gym		
Indoor Cycle 9:30am-10:15am Cycle studio No class March 18	Cardio Sculpt 9:30am-10:30am Full Gym			Indoor Cycle 9:30am-10:15am Cycle studio	Fusion 9:15am-10:00am MP Room	
Gentle Yoga 10:00am-11:00am MP Room					Zumba 10:15am-11:15am Full Gym	
Strength & Balance 10:30am-11:30am Full Gym			Strength & Balance 10:30am-11:30am Full Gym	LifeFit 10:30am-11:15am Full Gym		
				Yoga 11:00am-12:00pm MP Room		
				Yin Yoga 12:15pm-1:30pm MP Room		
	Zumba 5:45pm-6:45pm Full Gym	Yoga 5:15pm-6:15pm MP Room				
		Yin Yoga 6:30pm-7:45pm MP Room			No classes on Friday March 29.	
	Aquafit 7:00pm-8:00pm Pool			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 10 years.

Mondays 8:00am-10:30am
 Tuesdays 5:30pm-8:00pm
 Thursdays 5:30pm-8:00pm

