|                             |                                     |                                  |   |  |   |   |  |  |  | Gymn                       | asium C                       | Cheam I                     | Leisure   | Center                                      |
|-----------------------------|-------------------------------------|----------------------------------|---|--|---|---|--|--|--|----------------------------|-------------------------------|-----------------------------|---|---|
|                             |                                     |                                  |   |  | North   |   |  |  |  | -                          |                               |                             | N   | /larch 24-31                                |
|                             | North MON                           | North South MONDAY               |   | North South TUESDAY                                  |   | ESDAY   | North South THURSDAY                     |  | North South  |                            | SATURDAY South                |                             | North South SUNDAY                                  |   |
| 6:00AM<br>6:30AM<br>7:00AM  | 6:00am-8:00am<br>Drop-in Pickleball |                                  |   |  |   | 6:00am-8:00am<br>Drop-in Pickleball           |  |  |  |                            |                               |                             |   |   |
| 7:30AM                      | (Beginner)                          | 6:00am-10:15am<br>Open Gym       | 6:00am-9:15am<br>Open Gym                               |  | 6:00am-9:00am<br>Open Gym                               | (All Levels)                                  | 6:00am-9:00am<br>Open Gym                | 6:00am-10:15am<br>Open Gym                   | 7:00am-10:00am<br>Open Gym                         | 7:00am-12:00am<br>Open Gym | 7:00am-10:00am<br>Open Gym    |                             | 7:00am-8:00AM<br>Drop in Pickleball<br>(All Levels) | 7:00am-8:00AM<br>Open Gym                   |
| 8:30AM                      | 8:15am-9:15am<br>HIIT               |                                  |   |  |   | 8:00am-9:00am<br>HIIT                         |  |  |  |                            |                               |                             |   |   |
| 9:00AM<br>9:30AM<br>10:00AN | 9:30am-10:15am<br>Open Gym          |                                  | 9:30am-10:30am Open Gym<br>Cardio Sculpt 9:15am-10:45am |  | 9:15am-10:15am<br>Total Body Strength                   |   | 9:15am-10:15am<br>Zumba                  |  |  |                            |                               |                             | 8:00-11:00AM<br>Open Gym                            | 8:15-10:45AM<br>Indoor Family<br>Playground |
| 10:30AN                     | 10:30am<br>Strength                 | -11:30am<br>& Balance            |   | -12:00pm   |   | 9:15am-12:15pm<br>Open Gym                    |  | 10:00am-12:00pm<br>Drop-in Pickleball        |  |                            | 10:15am-11:15am<br>Zumba      | 10:00am-11:30am<br>Open Gym |   |   |
| 11:30AN<br>12:00PN          |                                     |                                  |   | Ladies Pickleball<br>(All Levels)                    |   |   |  |  | (All Levels)                                       |                            | - 11:30am                     |                             |   |   |
| 12:30PN<br>1:00PM           |                                     | 12:00pm-2:00pm<br>Seniors Soccer |   | 12:00pm-2:30pm<br>Drop-in Pickleball<br>(All Levels) |   | 12:30pm-3:30pm<br>Indoor Family<br>Playground | 12:00pm-2:00pm<br>Seniors Soccer         |  | 12:00pm-2:30pm<br>Drop-in Pickleball<br>(Beginner) |                            | Open Gym                      |                             | 11:00 - 3:00PM<br>Drop-in Badminton                 |   |
| 1:30PM<br>2:00PM            |                                     |                                  |   |  |   |   |  |  |  |                            | 1:00pm-4:00pm                 |                             |   |   |
| 2:30PM<br>3:00PM<br>3:30PM  | 2:00pm-4:00pm<br>Drop in Basketball | 2:00pm-10:00pm<br>Youth Open Gym | 2:30pm-4:45pm<br>Open Gym                               | 2:30pm-8:15pm<br>Open Gym                            |   |   | 2:00pm-5:00pm Ir                         | 2:15pm-4:45pm<br>Indoor Family<br>Playground | 2:30pm-5:00pm                                      |                            | Drop-in Ball Hockey           |                             |   |   |
| 4:00PM<br>4:30PM            | 4:00pm-10:00pm<br>Open Gym          |                                  |   |  | 3:45pm-5:00pm<br>BC Bounce                              |   |  | T layground                                  | Open Gym   |                            | 4:00pm-6:00pm                 |                             | 3:00-6:00PM<br>Open Gym                             |   |
| 5:00PM<br>5:30PM<br>6:00PM  |                                     |                                  | 5:45pm-6:45pm<br>Zumba                                  |  | 5:00pm-6:15pm<br>BC Bounce<br>6:15pm-6:45pm<br>Open Gym |   | 5:00pm-6:30pm<br>Drop In Volleyball      |  | 5:00pm-7:00pm<br>Drop In Soccer                    |                            | Open Gym                      |                             |   |   |
| 6:30PM<br>7:00PM            |                                     |                                  |   |  |   |   |  |  |  |                            |                               |                             | 6:00pm-9:00pm<br>Drop In Basketball Open Gym        |   |
| 7:30PM<br>8:00PM            | Open dym                            |                                  | 7:00pm-8:15pm<br>Open Gym                               |  |   |   | 6:30pm-9:30pm<br>Co-Ed League Volleyball |  | 7:00pm-9:00pm<br>Drop In Badminton                 |                            | 6:00pm-9:00pm                 |                             |   | 6:00pm-9:00pm<br>Open Gym                   |
| 8:30PM<br>9:00PM            |                                     |                                  | 8:15pm-10:00pm<br>Drop in Ball Hockey                   |  | 6:45pm-10:00pm<br>Women's League Volleyball             |   | ,  |  |  |                            | No drop in fitness classes on |                             | March 29 due to stat holiday                        |   |
| 9:30PM                      |                                     |                                  |   |  |   |   | 9:30pm-10:00pm<br>Open Gym               |  |  |                            |                               |                             |   |   |