



## Cheam Fitness Schedule April 1-June 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Pilates 6:30am-7:15am MP Room				
HIIT 8:15am-9:15am South Gym		HIRT 8:15am-9:15am South Gym ***New time and format***		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	Aquafit 8:30am-9:30am Pool		
	Pilates 9:15am-10:00am MP Room		Pilates 9:15am-10:00am MP Room			
		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	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	Pilates 10:15am-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 April 1, May 20. Pro D days: April 26, May 17 and May 31.	
	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 5:00pm-7:00pm  
Thursdays 5:30pm-7:30pm

