

Cheam Fitness Schedule July 29- Aug 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Pilates 6:30am-7:15am MP Room				
		HIRT 8:15am-9:15am 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	Total Body Strength 9:15am-10:15am Full Gym		Cardio Strength Circuit 9:15am-10:15am Full Gym		
	Cardio Sculpt 9:30am-10:30am North Gym	Pilates 9:30am-10:15am MP Room	Zumba 9:15am-10:15am North Gym		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 July 1 and August 5, 2024	
	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