

## Cheam Fitness Schedule Aug 12-Aug 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Pilates 6:30am-7:15am MP Room				
		HIRT 8:15am-9:15am South Gym				
	Pilates 9:15am-10:00am MP Room	Total Body Strength 9:15am-10:15am Full Gym	Pilates 9:15am-10:00am MP Room	Cardio Strength Circuit 9:15am-10:15am Full Gym		
	Cardio Sculpt 9:30am-10:30am North Gym	Pilates 9:30am-10:15am MP Room				
Strength & Balance 10:30am-11:30am Full Gym			Strength & Balance 10:30am-11:30am Full Gym			
				Yoga 11:00am-12:00pm MP Room		
				Yin Yoga 12:15pm-1:30pm MP Room		
		Yoga 5:15pm-6:15pm MP Room				
		Yin Yoga 6:30pm-7:45pm MP Room			No classes on July 1 and August 5, 2024	
				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