

Cheam Fitness Schedule January 6- March 15 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sculpt and Tone 6:15am-7:15am North Gym	HIIT/Circuit 6:15am-7:00am North Gym	Sculpt and Tone 6:15am-7:15am North Gym	HIIT/Circuit 6:15am-7:00am North Gym	Sculpt and Tone 6:15am-7:15am North Gym		
		Pilates 6:30am-7:15am MP Room	Pilates 6:30am-7:15am MP Room			
Aquafit 8:30am-9:30am Pool		Aquafit 8:30am-9:30am Pool		Aquafit 8:30am-9:30am Pool		
Indoor Cycle 8:15am-9:15am Indoor Cycle room		HIRT 8:15am-9:15am South Gym	Indoor Cycle 8:15am-9:15am Indoor Cycle room	Circl™ Mobility 8:00am-8:45am MP Room		
	Pilates 9:00am-9:45am MP Room		Pilates 9:00am-9:45am MP Room			
Strength & Balance 9:15am-10:15am Full Gym		Total Body Strength 9:15am-10:15am North Gym	Zumba 9:15am-10:15am North Gym	Cardio Strength/Circuit 9:00am-10:00am Full Gym	Fusion 9:15am-10:00am MP Room	
	Cardio Sculpt 9:30am-10:30am North Gym	Pilates 9:30am-10:30am MP Room		Yoga 9:30am-10:45am MP Room <small>Last class January 31</small>		
	Circl™ Mobility 10:00am-10:45am MP Room			Yin Yoga 11:00pm-12:15pm MP Room <small>Last class January 31</small>	Zumba 10:15am-11:15am North Gym	
			Strength & Balance 10:30am-11:30am North Gym	LifeFit 10:30am-11:15am North Gym		
	Zumba 5:45pm-6:45pm North Gym	Yoga 5:00pm-6:15pm MP Room	Zumba 5:30pm-6:30pm North Gym		No classes on holidays: Family Day February 17th	
		Yin Yoga 6:30pm-7:45pm MP Room				
	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 3 months to 10 years.
 Mondays 8:00am-10:30am
 Tuesdays 5:30pm-8:00pm
 Wednesdays 8:00am-10:30am
 Thursdays 5:30pm-8:00pm

