



Cheam Leisure Centre - Gymnasium Schedule

Spring Schedule: March 18, 2025



Area Guide – (FG) Full Gymnasium (NG) North Gymnasium (SG) South Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Pickleball – Beginner (SG) 6:00-8:00am	Drop in Basketball (FG) 6:00-9:00am	Pickleball – All Levels (SG) 6:00-8:00am	Drop in Basketball (SG) 6:00-9:00am	Pickleball – All Levels (SG) 6:00-8:00am	Family Drop-in (SG) 8:00-11:00am	Pickleball – All Levels (NG) 7:00-9:00am
Drop in Basketball (NG) 6:00-8:30am	Cardio Sculpt (NG) 9:30-10:30am	Sculpt and Tone (NG) 6:15-7:15am	HIIT Circuit(NG) 6:15-7:00am	Cardio Strength Circuit (FG) 9:00-10:00am	Zumba (NG) 10:15-11:15am	Indoor Family Playground (SG) 8:00-10:45am
Strength and Balance (FG) 9:15-10:15am	Pickleball – Ladies (NG) 10:45-12:00pm	HIRT (SG) 8:15-9:15am	Zumba(NG) 9:15-10:15am	LifeFit (NG) 10:30-11:15am		Drop in Badminton (FG) 10:45-12:45pm
	Pickleball – All levels - (SG) 10:45-12:00pm	Total Body Strength (NG) 9:15-10:15am	Strength and Balance (NG) 10:30-11:30am			
		Indoor Family Playground (SG) 9:30-12:00pm				
Afternoon						
Family Drop-in (SG) 2:00-3:00pm	Pickleball – All levels (FG) 12:00-2:30pm	Drop in Basketball (NG) 12:00-3:00pm	Indoor Family Playground (SG) 2:15-4:45pm	Pickleball – Beginner (FG) 12:00-2:30pm	Drop in Ball Hockey (FG) 1:30-4:30pm	
	Youth Drop in (SG) 3:00-6:00pm		Youth Drop in (NG) 3:00-5:30pm	Drop in Basketball (SG) 2:30-4:30pm		
Evening						
Drop in Basketball (FG) 7:00-9:45pm	Zumba (NG) 5:45-6:45pm		Zumba(NG) 5:30-6:30pm	Drop-in Soccer (NG) 5:00-7:00pm	Drop in Volleyball (NG) 5:00-7:00pm	Drop in Volleyball (NG) 5:00-7:00pm
	Drop in Ball Hockey (FG) 7:00-9:45pm			Drop in Volleyball - (SG) 5:00-7:00pm	Drop in Basketball (FG) 7:00-8:45pm	Drop in Basketball (FG) 7:00-8:45pm
				Drop in Badminton (FG) 7:00-9:45pm		