

# Cheam Leisure Centre

## Summer Gymnasium Schedule June 29 - August 30, 2025

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

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

Please note that all our Drop-in Programs are available for individuals 13+ years of age.

\*Cancelled on July 23 and August 27