

Cheam Leisure Centre – Fitness

Fall Schedule: September 1 – December 21, 2025

Please sign up for class at the front desk up to 30min before the start time. Classes fill up fast! Fitness classes do not run on stat holidays. This schedule is

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning						
Power Pilates 6:30am-7:30am MP Room		Pilates 6:30am-7:15am MP Room	Pilates 6:30am-7:15am MP Room	Blended Aquafit 8:30am-9:30am Pool		
Blended Aquafit 8:30am-9:30am Pool		HIRT 8:15am-9:15am South Gym	Blended Aquafit 8:30am-9:30am Pool			
Morning						
Strength and Balance 9:15am-10:15am Full Gym	Pilates 9:00am-9:45am MP Room	Total Body Strength 9:15am-10:15am North Gym	Pilates 9:00am-9:45am MP Room	Cardio Strength/ Circuit 9:00am-10:00am Full Gym	Circuit/Bootcamp 9:00am- 10:00am North Gym	
Gentle Blended Aquafit 10:00am-10:45am Pool	Cardio Sculpt 9:30am-10:30am North Gym	Pilates 9:30am-10:30am MP Room	Zumba 9:15am-10:15am North Gym	Yoga 9:15am-10:15am MP Room	Fusion 9:15am-10:00am MP Room	
		Blended Aquafit 9:30am-10:30am Pool	Strength and Balance 10:30am-11:30am Full Gym	Gentle Blended Aquafit 10:00am- 10:45am Pool	Zumba 10:15am-11:15am North Gym	
				Life fit 10:30am-11:15am North Gym		
Afternoon						
	Zumba 5:45pm- 6:45pm North Gym	Yoga 5:00pm-6:15pm MP Room	Gentle Yoga 5:00pm-6:15pm MP Room			
	Blended Aquafit 7:00pm-8:00pm Pool	Yin Yoga 6:30pm-7:45pm MP Room	Zumba 5:30pm-6:30pm North Gym			
			Hatha Yoga 6:30pm-7:45pm MP Room			

subject to change.

For the most up-to-date schedule follow us on Facebook and Instagram.