



Cheam Leisure Centre



Gymnasium - December 29 - January 4, 2026

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) 7:00-8:00am	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	Drop-in Basketball (NG) 7:00-8:30am	Family Drop-in (SG) 10:00-2:00pm	Drop-in Basketball (NG) 6:00-8:30am	Bootcamp Circuit (NG) 9:00-10:00am	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		Cardio Strength Circuit (FG) 9:00-10:00am	Zumba (NG) 10:15-11:15am	Drop-in Badminton (FG) 10:45-12:45pm
	Pickleball – All levels (SG) 10:45-12:00pm	Total Body Strength (NG) 9:15-10:15am		LifeFit (NG) 10:30-11:15am		
	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	Youth Drop-in (NG) 3:00-5:00pm	Pickleball – Beginner (FG) 12:00-2:30pm	Drop-in Ball Hockey (FG) 1:30-4:30pm	
				Drop-in Basketball (SG) 2:30-4:30pm		
Evening						
Drop-in Basketball (FG) 8:30-10:00pm	Zumba (NG) 5:45-6:45pm		Drop in Basketball (NG) 5:00-7:00pm	Drop-in Soccer (NG) 5:00-7:00pm	Drop-in Soccer (NG) 5:00-7:00pm	Drop-in Volleyball (NG) 5:00-7:00pm
	Drop-in Ball Hockey (FG) 7:00-10:00pm		Drop-in Volleyball (SG) 7:00-9:00pm	Drop-in Volleyball (SG) 5:00-7:00pm	Drop-in Basketball (FG) 7:00-9:00pm	Drop-in Basketball (FG) 7:00-9:00pm
				Drop-in Badminton(FG) 7:00-10:00pm		

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

All timeslots not listed are reserved for programs that are not available to public for drop ins.