



Cheam Leisure Centre



Fitness - December 22, 2025 -January 4, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Power Pilates 6:30am-7:30am MP Room						
		HIRT 8:15am-9:15am South Gym				
Blended Aquafit 8:30am-9:30am Pool		Blended Aquafit 8:30am-9:30am Pool		Blended Aquafit* 8:30am-9:30am Pool		
				Cardio Strength/Circuit* 9:00am-10:00am Full Gym	Circuit Bootcamp 9:00am-10:00am North Gym	
				Yoga* 9:15am-10:15am MP Room	Fusion 9:15am-10:00am MP Room	
	Cardio Sculpt 9:30am-10:30am North Gym	Pilates 9:30am-10:30am MP Room				
				Lifefit* 10:30am-11:15am North Gym	Zumba 10:15am-11:15am North Gym	
	Zumba 5:45pm-6:45pm North Gym					
	Blended Aquafit 7:00pm-8:00pm Pool					

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 subject to change.