



Cheam Leisure Centre - Gymnasium



Winter Schedule: January 5 - March 15, 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	Zumba (NG) 9:15am-10:15am	Drop-in Basketball (NG) 6:00-8:30am	Circuit Bootcamp (NG) 9:00-10:00am	Indoor Family Playground (SG) 8:00-10:45am
Strength & Balance (FG) 9:15-10:15am	Pickleball - Ladies (NG) 10:45-12:00pm	HIRT (SG) 8:15-9:15am	Strength and Balance (NG) 10:30am-11:30am	Cardio Strength Circuit (FG) 9:00-10:00am	Zumba (NG) 10:15-11:15am	Drop-in Badminton (NG) 9:00-11:00am
	Pickleball - All levels (SG) 10:45-12:00pm	Total Body Strength 9:15am-10:15am		LifeFit (NG) 10:30-11:15am		Drop-in Badminton (FG) 11:00-12:00pm
		Indoor Family Playground (SG) 9:30-12:00pm				
Afternoon						
	Pickleball - All levels (FG) 12:00-2:30pm	Drop in Basketball (NG) 12:00-3:00pm	Indoor Family Playground (SG) 2:15pm-4:45pm	Pickleball - Beginner (FG) 12:00-2:30pm	Drop-in Ball Hockey (FG) 1:30-4:30pm	
			Youth Drop-in (NG) 3:00-5:00pm	Drop-in Basketball (SG) 2:30-4:30pm		
Evening						
Drop-in Basketball (FG) 8:30-10:00pm	Zumba (NG) 5:45-6:45pm		Zumba (NG) 5:30pm-6:30pm	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) 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.