



Shine On

Cheam Leisure Centre



Fitness - January 5-March 15, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Power Pilates 6:30am-7:30am MP Room		Pilates 6:30am-7:15am MP Room	Pilates 6:30am-7:15am MP Room			
Hatha Yoga 8:15am-9:30am MP Room		HIRT 8:15am-9:15am South Gym		Yoga 8:00am-9:00am MP Room		
Blended Aquafit 8:30am-9:30am Pool			Blended Aquafit 8:30am-9:30am Pool	Blended Aquafit 8:30am-9:30am Pool		
	Pilates 9:00am-9:45am MP Room		Pilates 9:00am-9:45am MP Room	Cardio Strength/Circuit 9:00am-10:00am Full Gym	Circuit Bootcamp 9:00am-10:00am North Gym	
Strength & Balance 9:15am-10:15am Full Gym		Total Body Strength 9:15am-10:15am North Gym	Zumba 9:15am-10:15am North Gym		Fusion 9:15am-10:00am MP Room	
	Cardio Sculpt 9:30am-10:30am North Gym	Pilates 9:30am-10:30am MP Room				
Yin Yoga 9:45am-11:00am MP Room		Blended Aquafit 9:30am-10:30am Pool		Gentle Blended Aquafit 10:00am-10:45am Pool		
Gentle Blended Aquafit 10:00am-10:45am Pool			Strength and Balance 10:30am-11:30am Full Gym	LifeFit 10:30am-11:15am North Gym	Zumba 10:15am-11:15am North Gym	
Evening						
			Gentle Yoga 4:30pm-5:30pm MP Room			
	Zumba 5:45pm-6:45pm North Gym	Yoga 5:00pm-6:15pm MP Room	Zumba 5:30pm-6:30pm North Gym			
	Blended Aquafit 7:00pm-8:00pm Pool	Yin Yoga 6:30pm-7:45pm MP Room	Hatha Yoga 6:30pm-7:45pm MP Room			

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.