



# Cheam Leisure Centre Gymnasium Schedule



March 16 - June 28, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>						
<b>Pickleball – Beginner (SG)</b> 6:00-8:00am	<b>Drop-in Basketball (FG)</b> 6:00-9:00am	<b>Pickleball – All Levels (SG)</b> 6:00-8:00am	<b>Drop-in Basketball (FG)</b> 6:00-9:00am	<b>Pickleball – All Levels (SG)</b> 6:00-8:00am	<b>Family Drop-in (SG)</b> 8:00-11:00am	<b>Pickleball – All Levels (NG)</b> 7:00-9:00am
<b>Drop-in Basketball (NG)</b> 6:00-8:30am	<b>Cardio Sculpt (NG)</b> 9:30-10:30am	<b>Drop-in Basketball (NG)</b> 6:00-8:30am	<b>Zumba (NG)</b> 9:15am-10:15am	<b>Drop-in Basketball (NG)</b> 6:00-8:30am	<b>Circuit Bootcamp (NG)</b> 9:00-10:00am	<b>Indoor Family Playground (SG)</b> 8:00-10:45am
<b>Strength &amp; Balance (FG)</b> 9:15-10:15am	<b>Pickleball – Ladies (NG)</b> 10:45-12:00pm	<b>HIRT (SG)</b> 8:15-9:15am	<b>Strength and Balance (NG)</b> 10:30am-11:30am	<b>Cardio Strength Circuit (FG)</b> 9:00-10:00am	<b>Zumba (NG)</b> 10:15-11:15am	<b>Drop-in Badminton (NG)</b> 9:00-11:00am
	<b>Pickleball – All levels (SG)</b> 10:45-12:00pm	<b>Total Body Strength</b> 9:15am-10:15am		<b>LifeFit (NG)</b> 10:30-11:15am		<b>Drop-in Badminton (FG)</b> 11:00-12:00pm
		<b>Indoor Family Playground (SG)</b> 9:30-12:00pm				
<b>Afternoon</b>						
<b>Family Drop in (SG)</b> 1:30pm-3:00pm	<b>Pickleball – All levels (FG)</b> 12:00-2:30pm	<b>Drop in Basketball (NG)</b> 12:00-3:00pm	<b>Indoor Family Playground (SG)</b> 2:15pm-4:45pm	<b>Pickleball – Beginner (FG)</b> 12:00-2:30pm	<b>Drop-in Ball Hockey (FG)</b> 1:30-4:30pm	
			<b>Youth Drop-in (NG)</b> 3:00-5:00pm	<b>Drop-in Basketball (SG)</b> 2:30-4:30pm		
<b>Evening</b>						
<b>Drop-in Basketball (FG)</b> 8:30-9:45pm	<b>Zumba (NG)</b> 5:45-6:45pm		<b>Zumba (NG)</b> 5:30pm-6:30pm	<b>Drop-in Soccer (NG)</b> 5:00-7:00pm	<b>Drop-in Soccer (NG)</b> 5:00-7:00pm	<b>Drop-in Volleyball (NG)</b> 5:00-7:00pm
	<b>Drop-in Ball Hockey (FG)</b> 7:00-9:45pm			<b>Drop-in Volleyball (SG)</b> 5:00-7:00pm	<b>Drop-in Basketball (FG)</b> 7:00-8:45pm	<b>Drop-in Basketball (FG)</b> 7:00-8:45pm
				<b>Drop-in Badminton (FG)</b> 7:00-9:45pm		

**Guide:** Full Gymnasium (FG) | North Gymnasium (NG) | South Gymnasium (SG)

Only the times listed on the schedule are open for public drop-ins. Any times not shown are not available. This schedule is subject to change, please contact 604-824-0231 for any schedule inquires