



# Cheam Leisure Centre



## Fitness - March 16-September 6, 2026

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