

Cheam Fitness Schedule December 30 - January 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sculpt and Tone 6:15am-7:15am North Gym			HIIT/Circuit 6:15am-7:00am North Gym	Sculpt and Tone 6:15am-7:15am North Gym		
Mobility and Cycle 8:15am-9:15am Indoor Cycle room and MP room						
Aquafit 8:30am-9:30am Pool			Aquafit 8:30am-9:30am Pool	Aquafit 8:30am-9:30am Pool		
			Zumba 9:15am-10:15am North Gym	Cardio/Strength Circuit 9:15am-10:15am Full Gym	Fusion 9:15am-10:00am MP Room	
	Cardio Sculpt 9:30am-10:30am North Gym			Yoga 9:30am-10:45am MP Room		
				Yin Yoga 11:00pm-12:15pm MP Room	Zumba 10:15am-11:15am North Gym	
			Strength & Balance 10:30am-11:30am North Gym	LifeFit 10:30am-11:15am North Gym		
					There are no classes running on December 25, 26 and January 1, 2025. We wish you all a safe holiday season!	
				This schedule is subject to change. For the most up to date schedule information follow us on Facebook and Instagram		

Childminding is available for ages 3 months to 10 years.
 Monday, December 23rd 8-10:30am
 Monday, December 30th 8-10:30am
 Thursday January 2nd 5:30-8:00pm