



Cheam Leisure Centre



Fitness Schedule Updated March 18, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning						
		Sculpt and Tone 6:15am-7:15am North Gym	HIIT/Circuit 6:15am-7:00am North Gym			
		Pilates 6:30am-7:15am MP Room	Pilates 6:30am-7:15am MP Room			
Aquafit 8:30am-9:30am Pool		Aquafit 8:30am-9:30am Pool	Aquafit 8:30am-9:30am Pool	Aquafit 8:30am-9:30am Pool		
		HIRT 8:15am-9:15am South Gym	Indoor Cycle 8:15am-9:15am Indoor cycle room	Yoga 8:15am-9:30am MP Room		
Morning						
	Pilates 9:00am-9:45am MP Room		Pilates 9:00am-9:45am MP Room	Cardio Strength/ Circuit 9:00am-10:00am Full Gym		
Strength and Balance 9:15am-10:15am Full Gym		Total Body Strength 9:15am-10:15am North Gym	Zumba 9:15am-10:15am North Gym	Yin Yoga 9:45am-11:00am MP Room	Fusion 9:15am-10:00am MP Room	
	Cardio Sculpt 9:30am-10:30am North Gym	Pilates 9:30am-10:30am MP Room	Strength and Balance 10:30am-11:30am Full Gym	Lifefit 10:30am-11:15am MP Room	Zumba 10:15am-11:15am North Gym	
Afternoon						
	Zumba 5:45pm-6:45pm North Gym	Yoga 5:00pm-6:15pm MP Room	Zumba 5:30pm-6:30pm North Gym			
	Aquafit 7:00pm-8:00pm Pool	Yin Yoga 6:30pm-7:45pm MP Room				

To avoid disappointment, 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.

For the most up-to-date schedule follow us on Facebook and Instagram.