

Greenway Gym Fitness Classes 2021 (updated May 1st)

<p>All classes are included in your membership. Or £5 per class unless marked £FREE</p>	<p>09:15</p>	<p>09:30</p>	<p>10:30</p>	<p>12:00</p>	<p>14:00</p>	<p>18:00</p>	<p>19:00</p>
<p>Monday</p>	<p>09:15 - 10:00 Strong Nation in Main Hall with Paula</p>		<p>10:30 - 11:15 Beginners Pilates in Studio / on Zoom with Paula</p>		<p>14:00 - 14:45 Staying Steady in Main Hall with Becky</p>	<p>18:00 - 18:45 Carnival Fitness Outside/in Main Hall with Brice</p>	
<p>Tuesday</p>	<p>09:15 - 10:00 Cardio Combat in Main Hall with Paula</p>	<p>* BEGINS 18th May * 09:30 - 10:30 Strong Mums in Activity Room with Raquel £FREE</p>		<p>12:00 - 12:45 Qigong in Studio/on Zoom with Becky £FREE</p>		<p>18:00 - 18:45 Yoga in Studio with Johanna</p>	
<p>Wednesday</p>	<p>09:15 - 10:00 Strong Nation in Main Hall with Paula</p>			<p>12:00 - 12:45 Intermediate Pilates in Studio/on Zoom with Paula</p>		<p>18:00 - 18:45 Cardio Combat in Main Hall with Paula</p>	
<p>Thursday</p>	<p>09:15 - 10:00 Bumper Burner Outside with Colzy</p>		<p>10:30 - 11:15 Forever Active in Studio with Paula</p>	<p>12:00 - 12:45 Strong Nation in Studio with Paula</p>		<p>18:00 - 18:45 Carnival Fitness Outside/in Main Hall with Colzy</p>	<p>*BEGINS 20th May* 19:00 - 19:45 Cardio Combat in Main Hall with Tina</p>
<p>Friday</p>	<p>09:15 - 10:00 Cardio Combat in Main Hall with Paula</p>					<p>18:00 - 18:45 Pilates in Studio with Becky</p>	
<p>Saturday</p>	<p>* BEGINS 23rd May * 09:15 - 10:00 Cardio Combat in Main Hall/Outside with Tina</p>						