



Updated: 08/11/21

# Greenway Fitness Classes 2021

All classes are included in your monthly membership or £5 per session - unless marked **£FREE**

For classes marked ★ please pay instructor during session

Please register and book @southmead.org



<b>MON</b>	09:15 - 10:00 <b>STRONG NATION</b> Main Hall with Paula		10:15 - 11:00 <b>PILATES</b> (beginners) Studio with Paula	11:15 - 12:00 <b>FUNCTIONAL CIRCUITS</b> Studio with Natalie	12:15 - 13:00 <b>GP REFERRAL CIRCUITS</b> Studio with Natalie		14:00 - 14:45 <b>GP REFERRAL STAYING STEADY</b> Main Hall with Paula			18:00 - 18:45 <b>CARNIVAL FITNESS</b> Main Hall with Brice	18:00 - 18:45 <b>TOTAL BODY WORKOUT</b> Studio with Vic		
<b>TUE</b>	09:15 - 10:00 <b>CARDIO COMBAT</b> Main Hall with Paula	09:45 - 10:45 <b>STRONG MUMS</b> Activity Room with Natalie	10:30 - 11:30 <b>GP REFERRAL ESCAPE PAIN</b> Studio with Paula	11:35 - 12:20 <b>FOREVER ACTIVE</b> Studio with Natalie	12:30 - 13:15 <b>QIGONG</b> Studio with Aisling <b>£FREE</b>	13:30 - 14:30 <b>GOLDEN GAMES</b> Studio with Ian <b>£FREE</b>		16:30 - 17:30 <b>YOUNG GYM FOR 12-16S</b> supervised by Fitness Team	17:45 - 18:45 <b>YOGA4 ANYONE</b> Activity Room with Daphne	18:00 - 18:45 <b>DANCE FIT</b> Main Hall with Kristel	18:00 - 18:45 <b>STEP CLASS</b> Studio with Vic	19:00 - 19:45 <b>REE PUMP</b> Main Hall with Natalie	
<b>WED</b>	09:15 - 10:00 <b>STRONG NATION</b> Main Hall with Paula		10:15 - 11:00 <b>PILATES</b> (intermediate) Studio with Paula				14:00 - 15:00 <b>TAI CHI</b> Studio with Karen			18:00 - 18:45 <b>CARDIO COMBAT</b> Main Hall with Paula			
<b>THU</b>	09:15 - 10:00 <b>BUMPER BURNER</b> Sports Hall with Colzy	09:15 - 10:00 <b>PAD WORK WITH PAULA</b> Studio with Paula		10:30 - 11:15 <b>FOREVER ACTIVE</b> Studio with Paula	12:00 - 12:45 <b>GP REFERRAL STAYING STEADY</b> Main Hall with Paula			16:30 - 17:30 <b>YOUNG GYM FOR 12-16S</b> supervised by Fitness Team		18:00 - 18:45 <b>CARNIVAL FITNESS</b> Main Hall with Mini	18:00 - 18:45 <b>REE PUMP</b> Studio with Tina	19:00 - 19:45 <b>DANCE FIT</b> Main Hall with Kristel	19:00 - 19:45 <b>REE BALANCE</b> Studio with Tina
<b>FRI</b>	09:15 - 10:00 <b>CARDIO COMBAT</b> Main Hall with Paula	09:15 - 10:00 <b>SOCA STEP</b> Studio with Colzy	10:30 - 11:30 <b>GP REFERRAL ESCAPE PAIN</b> Studio with Paula		12:00 - 12:45 <b>YOGA</b> Studio with Mia					18:00 - 18:45 <b>PILATES</b> Main Hall with Denise	18:00 - 18:45 <b>CLUBBERCISE</b> Activity Room with Tina		
<b>SAT</b>	09:15 - 10:00 <b>REE COMBAT</b> Main Hall with Tina		10:15 - 11:00 <b>CARNIVAL FITNESS</b> Main Hall with Mini	<p><b>Any questions? ☎ 0117 950 3335 🖨 All info at southmead.org</b></p> <p>We look forward to seeing you, but if you can't attend your booked classes please remember to cancel so someone else can book on, thanks.</p>									