



Greenway Fitness Classes 2022

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

MON	09:15 - 10:00 STRONG NATION Main Hall with Paula		10:15 - 11:00 PILATES (beginners) Studio with Paula	11:15 - 12:00 FUNCTIONAL CIRCUITS Studio with Natalie			14:00 - 14:45 GP REFERRAL STAYING STEADY Main Hall with Paula			18:00 - 18:45 CARNIVAL FITNESS Main Hall with Brice	18:00 - 18:45 STEP CLASS Studio with Vic	19:00 - 19:45 TOTAL BODY WORKOUT Studio with Vic
TUE	09:15 - 10:00 CARDIO COMBAT Main Hall with Paula		10:30 - 11:30 GP REFERRAL ESCAPE PAIN Studio with Paula	11:35 - 12:20 FOREVER ACTIVE Studio with Natalie	12:30 - 13:15 QIGONG Studio with Aisling £FREE	13:30 - 14:30 GOLDEN GAMES Studio with Ian £FREE		16:30 - 17:30 YOUNG GYM FOR 12-16S supervised by Fitness Team	17:45 - 18:45 YOGA4 ANYONE Brunel Room with Daphne	18:00 - 18:45 DANCE FIT Main Hall with Kristel	18:00 - 19:00 REE PUMP Studio with Natalie	
WED	09:15 - 10:00 STRONG NATION Main Hall with Paula		10:15 - 11:00 PILATES (intermediate) Studio with Paula				14:00 - 15:00 TAI CHI Studio with Karen ★			18:00 - 18:45 CARDIO COMBAT Main Hall with Paula		
THU	09:15 - 10:00 BUMPER BURNER Sports Hall with Colzy	09:15 - 10:00 PAD WORK WITH PAULA Studio with Paula		10:30 - 11:15 FOREVER ACTIVE Studio with Paula	12:00 - 12:45 GP REFERRAL STAYING STEADY Studio with Paula			16:30 - 17:30 YOUNG GYM FOR 12-16S supervised by Fitness Team		18:00 - 18:45 CARNIVAL FITNESS Main Hall with Mini	18:00 - 18:45 REE PUMP Studio with Tina	19:00 - 19:45 REE BALANCE Studio with Tina
FRI	09:15 - 10:00 CARDIO COMBAT Main Hall with Paula	09:15 - 10:00 SOCA STEP Studio with Colzy	10:30 - 11:30 GP REFERRAL ESCAPE PAIN Studio with Paula		12:00 - 12:45 YOGA Studio with Vickie					18:15 - 19:00 PILATES Main Hall with Maria	18:00 - 18:45 CLUBBERCISE Activity Room with Tina	
SAT	09:15 - 10:00 REE COMBAT Main Hall with Tina		10:15 - 11:00 CARNIVAL FITNESS Main Hall with Mini	<p>Any questions? ☎ 0117 950 3335 🖨 All info at southmead.org</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>								