



Greenway Fitness Classes & Gym Info

Classes are included in your monthly memberships (please visit our website for membership options) or you can PAYG for classes (£5), unless marked **£FREE**. For classes marked **★** please pay instructor during session.
If you cannot attend your booked classes please remember to cancel so someone else can book on.

Thursdays
 5:30 - 8.45pm
WOMEN ONLY
 GYM or class

*** Young people must complete an induction before they can attend the gym on their own.**
Inductions are booked through reception. Young people must be with an adult 18+ after 5:00pm *

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00 - 17:00	17:00	18:00	19:00	
MON		09:15 - 10:00 CIRCUITS Studio with Maria Team		10:15 - 11:00 PILATES (mixed ability) Studio with Maria	11:15 - 12:00 BARRE FITNESS Studio with Maria		14:00 - 14:45 <u>REFERRAL ONLY</u> STRENGTH & BALANCE Activities Studio	15:00 - 17:00 YOUNG GYM For 11-15s		18:00 - 18:45 CARNIVAL FITNESS Main Hall with Bianca	18:00 - 18:45 FITNESS PILATES Studio with Irmina	19:00 - 19:45 YOGA Studio with Bianca
TUE		09:15 - 10:00 Legs Bums & Tums Studio with Zoe	09:00 - 09:45 <u>REFERRAL ONLY</u> ESCAPE PAIN Activities Studio with Kurtis	10:15 - 11:00 FOREVER ACTIVE Fitness Studio with Kurtis		12:30 - 13:15 QIGONG Studio with Aisling £FREE		15:00 - 17:00 YOUNG GYM For 11-15s	17:30 - 18:15 PUMP IT UP! Studio with Kay	17:45 - 18:45 YOGA4 ANYONE Activity Room with Daphne ★	18:00 - 18:45 DANCE FIT Main Hall with Kristel	18:45 - 19:30 CORE WORK OUT Studio with Paul
WED	08:15 - 09:00 YOGA Studio with Ina	09:15 - 10:00 ZUMBA Main Hall with Irmina		10:15 - 11:00 PILATES (mixed ability) Studio with Maria	11:15 - 12:00 KETTLEBELLS Studio with Kurtis		14:00 - 15:00 TAI CHI Studio with Karen ★	15:00 - 17:00 YOUNG GYM For 11-15s		18:00 - 18:45 REE COMBAT Hall with Tina	18:00 - 18:45 YOGA PILATES FUSION Studio with James	19:00 - 19:45 DANCE FIT Studio with James
THU		09:15 - 10:00 WEIGHTED WORKOUT Studio with Kay	09:00 - 09:45 <u>REFERRAL ONLY</u> ESCAPE PAIN Activities Studio with Kurtis	10:15 - 11:00 FOREVER ACTIVE Fitness Studio with Kay				15:00 - 17:00 YOUNG GYM For 11-15s		18:00 - 18:45 WOMEN ONLY GYM Carnival Fitness Main Hall with Dee	17:30 - 18:15 WOMEN ONLY GYM Ree Pump Studio with Kay	WOMEN ONLY GYM
FRI		09:15 - 10:00 KETTLECISE Studio with David		10:15 - 11:00 TOTAL BODY CONDITIONING Studio with Zoe	11:15 - 12:00 BOX FIT Studio with Zoe	12:15 - 13:00 <u>REFERRAL ONLY</u> STRENGTH & BALANCE Activities Studio		15:00 - 17:00 YOUNG GYM For 11-15s				
SAT		09:15 - 10:00 KICK BOX Main Hall with Paul		10:15 - 11:00 CARNIVAL FITNESS Main Hall with Bianca	Gym times: Monday - Friday, 8am - 8:45pm, Weekends, 9am - 5pm Any questions? ☎ 0117 950 3335 🖨 All info and bookings at southmead.org							