



updated: 18/01/2024

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

*** 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 REFERRAL ONLY STRENGTH & BALANCE Main Hall With Denise	15:00 - 17:00 YOUNG GYM For 11-15s			18:00 - 18:45 CARNIVAL FITNESS Main Hall with Bianca		19:00 - 19:45 YOGA Studio with Bianca
TUE		09:15 - 10:00 Legs Bums & Turns Studio with Zoe	09:00 - 09:45 REFERRAL ONLY ESCAPE PAIN Unit 1 with Kurtis	10:15 - 11:00 FOREVER ACTIVE Fitness Studio with Maria		12:30 - 13:15 QIGONG Studio with Aisling £FREE			15:00 - 17:00 YOUNG GYM For 11-15s	18:00 - 18:15 PUMP IT UP! Studio with Tina	17:45 - 18:45 YOGA4 ANYONE Activity Room with Daphne ★	18:00 - 18:45 BOX FIT Main Hall with Kay	19:00 - 19:45 CORE WORK OUT Studio with Paul	
WED	08:15 - 09:00 YOGA Studio with Ina	09:15 - 10:00 ZUMBA Fitness Studio with Irmina		10:15 - 11:00 PILATES (mixed ability) Studio with Maria		12:15 - 13:00 REFERRAL ONLY STRENGTH & BALANCE Fitness 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 REFERRAL ONLY ESCAPE PAIN Unit 1 with Kurtis	10:15 - 11:00 FOREVER ACTIVE Fitness Studio with Kay		12:00 - 12:45 REFERRAL ONLY STRENGTH & BALANCE Fitness Studio With Denise			15:00 - 17:00 YOUNG GYM For 11-15s		18:00 - 18:45 Carnival Fitness Main Hall with Dee WOMEN ONLY GYM	18:00 - 18:45 REE Pump Studio with Kay WOMEN ONLY GYM	17:30 - 18:15 Ree Pump Studio with Kay WOMEN ONLY GYM	18:45 - 19:00 Relax & Meditate with Clare WOMEN ONLY GYM
FRI		09:15 - 10:00 KETTLEBELLS Studio with Joel		10:15 - 11:00 TOTAL BODY CONDITIONING Studio with Zoe		12:15 - 13:00 YOGA Studio with Vickie			15:00 - 17:00 YOUNG GYM For 11-15s			18:15 - 19:00 PILATES Studio with Denise	18:00 - 18:45 GLOW BEATZ Main Hall with Tina	
SAT		09:15 - 10:00 BOX FIT 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									