



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		09:30 - 10:15 CIRCUITS Studio with Maria Team		10:30 - 11:15 PILATES (mixed ability) Studio with Maria	11:30 - 12:15 BARRE FITNESS Studio with Maria			14:00 - 14:45 <u>REFERRAL ONLY</u> 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	08:15 - 08:45 HIIT Studio with Joel	09:15 - 10:00 Legs Bums & Tums Studio with Zoe	09:00 - 09:45 <u>REFERRAL ONLY</u> ESCAPE PAIN Unit 1A with Kurtis	10:15 - 11:00 FOREVER ACTIVE Studio with Paula		12:30 - 13:15 QIGONG Studio with Aisling £FREE		15:00 - 17:00 YOUNG GYM For 11-15s	17:30 - 18:15 TOTAL BODY WORKOUT Main Hall with Clare	17:45 - 18:45 YOGA4 ANYONE Activity Room with Daphne ★	18:00 - 18:15 PUMP IT UP! Studio with Tina	19:00 - 19:45 FLOW STRENGTH Studio with Tina
WED	08:15 - 09:00 YOGA Studio with Ina	09:15 - 10:00 ZUMBA Studio with Irmina		10:15 - 11:00 PILATES (mixed ability) Studio with Maria		12:15 - 13:00 <u>REFERRAL ONLY</u> 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		09:30 - 10:15 WEIGHTED WORKOUT Studio with Clare	09:00 - 09:45 <u>REFERRAL ONLY</u> ESCAPE PAIN Unit 1 with Kurtis	10:45 - 11:30 FOREVER ACTIVE Fitness Studio with Kay		12:00 - 12:45 <u>REFERRAL ONLY</u> 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	17:30 - 18:15 Ree Pump Studio with Kay WOMEN ONLY GYM	18:45 - 19:30 Relax & Meditate with Clare WOMEN ONLY GYM
FRI		09:45 - 10:30 KETTLEBELLS Studio with Zoe		10:45 - 11:30 TOTAL BODY WORKOUT 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 John		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							