



# 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		
<b>MON</b>		09:30 - 10:15 <b>CIRCUITS</b> Studio with Maria Team		10:30 - 11:15 <b>PILATES</b> (mixed ability) Studio with Maria	11:30 - 12:15 <b>BARRE FITNESS</b> Studio with Maria			14:00 - 14:45 <u>REFERRAL ONLY</u> <b>STRENGTH &amp; BALANCE</b> Main Hall With Denise	15:00 - 17:00 <b>YOUNG GYM</b> For 11-15s		18:00 - 18:45 <b>CARNIVAL FITNESS</b> Main Hall with Bianca	18:00 - 18:45 <b>TOTAL BODY WORKOUT</b> Studio with Gage	19:00 - 19:45 <b>YOGA</b> Studio with Bianca
<b>TUE</b>		09:15 - 10:00 <b>Legs Bums &amp; Tums</b> Studio with Zoe	09:00 - 09:45 <u>REFERRAL ONLY</u> <b>ESCAPE PAIN</b> Unit 1A with Kurtis	10:15 - 11:00 <b>FOREVER ACTIVE</b> Studio with Paula		12:30 - 13:15 <b>QIGONG</b> Studio with Aisling <b>£FREE</b>		15:00 - 17:00 <b>YOUNG GYM</b> For 11-15s	17:30 - 18:15 <b>TOTAL BODY WORKOUT</b> Main Hall with Kay	17:45 - 18:45 <b>YOGA4 ANYONE</b> Activity Room with Daphne <b>★</b>	18:00 - 18:45 <b>PUMP IT UP!</b> Studio with Tina		19:00 - 19:45 <b>FLOW STRENGTH</b> Studio with Tina
<b>WED</b>	08:15 - 09:00 <b>YOGA</b> Studio with Ina	09:15 - 10:00 <b>ZUMBA</b> Studio with Paula		10:15 - 11:00 <b>PILATES</b> (mixed ability) Studio with Maria		12:15 - 13:00 <u>REFERRAL ONLY</u> <b>STRENGTH &amp; BALANCE</b> Fitness Studio With Kurtis	14:00 - 15:00 <b>TAI CHI</b> Studio with Karen <b>★</b>	15:00 - 17:00 <b>YOUNG GYM</b> For 11-15s		18:00 - 18:45 <b>REE COMBAT</b> Hall with Tina	18:00 - 18:45 <b>YOGA PILATES FUSION</b> Studio with James	19:00 - 19:45 <b>DANCE FIT</b> Studio with James	
<b>THU</b>		09:30 - 10:15 <b>WEIGHTED WORKOUT</b> Studio with Clare	09:00 - 09:45 <u>REFERRAL ONLY</u> <b>ESCAPE PAIN</b> Unit 1 with Kurtis	10:30 - 11:15 <b>FOREVER ACTIVE</b> Fitness Studio with Gage		12:00 - 12:45 <u>REFERRAL ONLY</u> <b>STRENGTH &amp; BALANCE</b> Fitness Studio With Denise		15:00 - 17:00 <b>YOUNG GYM</b> For 11-15s		18:00 - 18:45 Carnival Fitness Main Hall with Dee <b>WOMEN ONLY GYM</b>	17:45 - 18:30 Ree Pump Studio with Tina <b>WOMEN ONLY GYM</b>	18:45 - 19:30 Relax & Meditate with Clare <b>WOMEN ONLY GYM</b>	
<b>FRI</b>		09:45 - 10:30 <b>KETTLEBELLS</b> Studio with Zoe		10:45 - 11:30 <b>TOTAL BODY WORKOUT</b> Studio with Zoe		12:15 - 13:00 <b>YOGA</b> Studio with Vickie		15:00 - 17:00 <b>YOUNG GYM</b> For 11-15s		18:15 - 19:00 <b>PILATES</b> Studio with Denise	18:00 - 18:45 <b>GLOW BEATZ</b> Main Hall with Tina		
<b>SAT</b>		09:15 - 10:00 <b>BOX FIT</b> Main Hall with John		10:15 - 11:00 <b>CARNIVAL FITNESS</b> Main Hall with Bianca	<b>Gym times: Monday - Friday, 8am - 8:45pm, Weekends, 9am - 5pm</b> <b>Any questions? ☎ 0117 950 3335 🖨 All info and bookings at <a href="http://southmead.org">southmead.org</a></b>								