SOUTHMEAD DEVELOPMENT TRUST

GREENWAY GYM

Welcome to Greenway Fitness Classes

- Before taking part in any class please register via our website - www.southmead.org
- All classes are included in your monthly membership, unless noted below. Non members - £7.00 per class
- If you cannot attend you must cancel your place so that someone else can book it - thank you

fitness@southmead.org
0117 950 3335
www.southmead.org
greenwaycentre
greenwaygym

	8 AM		9 AM	10 AM	12 PM		2 PM	5 PM	6 PM		7 PM	
Mon	**08:30 - 09:15** **Box Fit** Boxing Zone with Zoe		**09:30 - 10:15** **Circuits** Studio with Zoe	**10:30 - 11:15** **Yoga** Studio with Emma	**11:45 - 12:30** **Step** Studio with Bettina		**14:00 - 14:45** **Chair Based Exercise** Activity Room with Tom		**18:00 - 18:45** **Carnival Fitness** Main Hall with Dee	**18:15- 18:45** **Total Body Workout** Studio with Katie	**19:00 - 19:45** **Yoga** Studio with Emma	**19:00 - 19:45** **Box Fit** Boxing Zone with Katie
Tue			**09:15 - 10:00** **Legs, Bum & Tums** Studio with Zoe	**10:15 - 11:00** **Forever Active** Studio with Paula	**12:30 - 13:15** **QiGong** Studio with Aisling			**17:45 - 18:45** **Yoga4Anyone** Activity Room with Daphne *not included in membership	**18:00 - 18:45** **Pump It Up!** Studio with Katie	**18:00 - 18:45** **Dance and Flow** Main Hall with Tina	**19:00 - 19:45** **Flow Strength** Studio with Tina	
Wed	**08:15 - 09:00** **Box Fit** Boxing Zone with Katie	**08:15 - 09:00** **Yoga** Studio with Ina	**09:15 - 10:00** **Zumba** Studio with Paula	**10:15 - 11:00** **Pilates** Studio with Clare	**12:15 - 13:00** **Chair Based QiGong** Studio with Aisling		**14:00 - 15:00** **Tai Chi** Studio with Karen *not included in membership	**17:30 - 18:15** **Full Body Strength Training** Studio with Rebecca	**18:00 - 18:45** **Cardio Combat** Main Hall with Tina	**18:30- 19:15** **Yoga** Studio with Rebecca		
Thu			**09:30 - 10:15** **Weighted Workout** Studio with Clare	**10:30 - 11:15** **Forever Active Plus** Studio with Kay	**12:00 - 12:45** **Chair Based Ex** Studio with Katie			**17:45 - 18:30** **Pump it up!** Studio with Tina	**18:00 - 18:45** **Carnival Fitness** Main Hall with Dee	**18:45 - 19:30** **Flow Strength** Studio with Tina		
Fri	**08:15 - 09:00** **Pilates** Studio with Melissa		**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				**18:00 - 18:45** **Beatz** Main Hall with Tina	**18:00 - 18:45** **Yoga** Studio with Emma		
Sat	**09:30 - 10:15** **Tai Chi** Studio with Ejura	**09:30 - 10:15** **Box Fit** Boxing Zone with Katie/Joel C		**10:15 - 11:00** **Carnival Fitness** Main Hall with Christina								