



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](https://www.facebook.com/greenwaycentre)
[greenwaygym](https://www.instagram.com/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			14:00 - 14:45 Chair Based Exercise Activity Room with Rebecca		18:00 - 18:45 Carnival Fitness Main Hall with Dee	18:15- 18:45 Total Body Workout Studio with Joel C	19:00 - 19:45 Yoga Studio with Emma	19:00 - 19:45 Box Fit Boxing Zone with Joel C
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 Total Body Workout Studio with Joel C	18:00 - 18:45 Dance and Tone 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 Pru	12:15 - 13:00 Chair Based QiGong Studio with Pru		14:00 - 15:00 Tai Chi Studio with Karen *not included in membership		18:00 - 18:45 Cardio Combat Main Hall with Tina	18:00 - 18:45 Full Body Strength Training Studio with Rebecca	19:00- 19:45 Yoga Studio with Rebecca	
Thu			09:30 - 10:15 Weighted Workout Studio with Katie	10:30 - 11:15 Forever Active Plus Studio with Katie	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 Hiit Circuits 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 Cardio combat 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 Zoe/Joel C		10:15 - 11:00 Carnival Fitness Main Hall with Christina								