



Greenway Fitness Classes Summer 2022

Classes are included in your monthly ALL IN! or ANY FAMILY membership or £5 per session - unless marked **£FREE**. For classes marked **★** please pay instructor during session

Our new Young Gym membership (ages 11-15) is £14.99 per month or £2.50 per session

*** young people must complete an induction and be accompanied by an 18+ adult after 5:30pm ***

EXTRA
SUMMER
HOLIDAY
SESSION

Opening times:

Monday - Friday, 8am - 8:45pm / Saturday & Sunday, 9am - 5pm

	09:00	10:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	
MON	09:15 - 10:00 CIRCUITS Studio with Fitness Team	10:15 - 11:00 PILATES (mixed ability) Studio with Maria	10:00 - 12:00 YOUNG GYM FOR 11-15s supervised by Fitness Team				14:00 - 14:45 GP REFERRAL STRENGTH & BALANCE Studio Fitness Team	15:30 - 17:30 YOUNG GYM FOR 11-15s supervised by Fitness Team			18:00 - 18:45 CARNIVAL FITNESS Main Hall With brice	19:00 - 19:45 TOTAL BODY WORKOUT Studio with Vic	
TUE	09:15 - 10:00 CARDIO COMBAT Studio with Fitness	10:15 - 11:00 FUNCTIONAL CIRCUITS Studio with Natalie	10:00 - 12:00 YOUNG GYM FOR 11-15s supervised by Fitness Team	11:30 - 12:15 FOREVER ACTIVE Studio with Natalie	12:30 - 13:15 QIGONG Studio with Aisling £FREE	13:30 - 14:30 GOLDEN GAMES Studio with Ian £FREE		15:30 - 17:30 YOUNG GYM FOR 11-15s supervised by Fitness Team		17:45 - 18:45 YOGA4 ANYONE Brunel Room with Daphne ★	18:00 - 18:45 DANCE FIT Main Hall with Kristel	18:00 - 18:45 REE PUMP Studio with Natalie	19:00 - 19:45 STEP CLASS Studio with Vic
WED	09:15 - 10:00 ZUMBA Main Hall with Vic	10:15 - 11:00 PILATES (mixed ability) Studio with Rose	10:00 - 12:00 YOUNG GYM FOR 11-15s supervised by Fitness Team				14:00 - 15:00 TAI CHI Studio with Karen ★	15:30 - 17:30 YOUNG GYM FOR 11-15s supervised by Fitness Team			18:00 - 18:45 REE COMBAT Main Hall with Kay		
THU	09:15 - 10:00 BUMPER BURNER Studio with Colzy	10:15 - 11:00 PAD WORK Studio with Jordaine	10:00 - 12:00 YOUNG GYM FOR 11-15s supervised by Fitness Team	11:15 - 12:00 FOREVER ACTIVE Studio with Natalie	12:00 - 12:45 GP REFERRAL STRENGTH & BALANCE Studio Fitness Team			15:30 - 17:30 YOUNG GYM FOR 11-15s supervised by Fitness Team		17:30 - 18:15 REE PUMP Studio with Tina	18:00 - 18:45 CARNIVAL FITNESS Main Hall with Mini	18:30 - 19:15 HIIT CIRCUITS Studio Tina	
FRI	9:15 - 10:00 SOCA STEP Studio with Colzy	10:15 - 11:00 KETTLECISE Studio with David	10:00 - 12:00 YOUNG GYM FOR 11-15s supervised by Fitness Team		12:00 - 12:45 YOGA Studio with Vickie			15:30 - 17:30 YOUNG GYM FOR 11-15s supervised by Fitness Team			18:15 - 19:00 PILATES Studio with Maria	18:00 - 18:45 CLUBBERCISE Main Hall with Tina	
SAT	09:15 - 10:00 REE COMBAT Main with Tina			10:15 - 11:00 CARNIVAL FITNESS Main Hall with Bianca	<p>Any questions? ☎ 0117 950 3335 📄 All info at southmead.org</p> <p>Please make sure we have your email address to we can keep in touch about changes and updates. If you can't attend your booked classes please remember to cancel so someone else can book on, thanks.</p>								