



# Greenway Fitness Classes 2022

Classes are included in your monthly ALL IN! 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 and includes all classes

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

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
<b>MON</b>	09:15 - 10:00 <b>CIRCUITS</b> Studio with Fitness Team	10:15 - 11:00 <b>PILATES</b> (mixed ability) Studio with Maria	11:15 - 12:00 <b>FUNCTIONAL CIRCUITS</b> Studio with Natalie			14:00 - 14:45 <b>GP REFERRAL STRENGTH &amp; BALANCE</b> Studio Fitness Team	15:30 - 17:30 <b>YOUNG GYM FOR 11-15S</b> supervised by Fitness Team			18:00 - 18:45 <b>CARNIVAL FITNESS</b> Main Hall With brice		19:00 - 19:45 <b>TOTAL BODY WORKOUT</b> Studio with Vic
<b>TUE</b>	09:15 - 10:00 <b>CARDIO COMBAT</b> Studio with Fitness Team		11:30 - 12:15 <b>FOREVER ACTIVE</b> Studio with Natalie	12:30 - 13:15 <b>QIGONG</b> Studio with Aisling <b>£FREE</b>	13:30 - 14:30 <b>GOLDEN GAMES</b> Studio with Ian <b>£FREE</b>		15:30 - 17:30 <b>YOUNG GYM FOR 11-15S</b> supervised by Fitness Team		17:45 - 18:45 <b>YOGA4 ANYONE</b> Brunel Room with Daphne <b>★</b>	18:00 - 18:45 <b>DANCE FIT</b> Main Hall with Kristel	18:00 - 18:45 <b>REE PUMP</b> Studio with Natalie	19:00 - 19:45 <b>STEP CLASS</b> Studio with Vic
<b>WED</b>	09:15 - 10:00 <b>ZUMBA</b> Main Hall with Vic	10:15 - 11:00 <b>PILATES</b> (mixed ability) Studio with Rose				14:00 - 15:00 <b>TAI CHI</b> Studio with Karen <b>★</b>	15:30 - 17:30 <b>YOUNG GYM FOR 11-15S</b> supervised by Fitness Team		17:30 - 18:15 <b>HIIT &amp; CORE</b> Studio with Kay	18:30 - 19:15 <b>REE COMBAT</b> Studio with Kay		
<b>THU</b>	09:15 - 10:00 <b>BUMPER BURNER</b> Studio with Colzy	10:15 - 11:00 <b>PAD WORK</b> Studio with Jordaine	11:15 - 12:00 <b>FOREVER ACTIVE</b> Studio with Natalie	12:00 - 12:45 <b>GP REFERRAL STRENGTH &amp; BALANCE</b> Studio Fitness Team			15:30 - 17:30 <b>YOUNG GYM FOR 11-15S</b> supervised by Fitness Team		17:30 - 18:15 <b>REE PUMP</b> Studio with Tina	18:00 - 18:45 <b>CARNIVAL FITNESS</b> Main Hall with Mini	18:30 - 19:15 <b>HIIT CIRCUITS</b> Studio Tina	
<b>FRI</b>	9:15 - 10:00 <b>SOCA STEP</b> Studio with Colzy	10:15 - 11:00 <b>KETTLECISE</b> Studio with David		12:00 - 12:45 <b>YOGA</b> Studio with Vickie			15:30 - 17:30 <b>YOUNG GYM FOR 11-15S</b> supervised by Fitness Team			18:15 - 19:00 <b>PILATES</b> Studio with Maria	18:00 - 18:45 <b>CLUBBERCISE</b> Activity Room with Tina	
<b>SAT</b>	09:15 - 10:00 <b>REE COMBAT</b> Main with Tina		10:15 - 11:00 <b>CARNIVAL FITNESS</b> Main Hall with Bianca	<p><b>Any questions? ☎ 0117 950 3335 🖨 All info at <a href="http://southmead.org">southmead.org</a></b></p> <p><i>We need to make timetable changes from time to time, we will always let you know on email if there's a change so please make sure we have your address. We look forward to seeing you, but if you can't attend your booked classes please remember to cancel so someone else can book on, thanks.</i></p>								