



# Greenway Fitness Classes from March 2023

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.**

**\* 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 \***

**Women Only  
Gym Sessions:  
Thursdays  
5:30pm to  
8:45pm**

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00		19:00
<b>MON</b>		09:15 - 10:00 <b>CIRCUITS</b> Studio Fitness Team	10:15 - 11:00 <b>PILATES</b> (mixed ability) Studio with Maria	11:15 - 12:00 <b>BARRE</b> <b>FITNESS</b> Studio with Maria			14:00 - 14:45 <b>GP REFERRAL</b> <b>STRENGTH &amp;</b> <b>BALANCE</b> Studio Fitness Team	15:00 - 17:00 <b>YOUNG GYM</b> FOR 11-15S			18:00 - 18:45 <b>CARNIVAL</b> <b>FITNESS</b> Main Hall with Bianca	18:00 - 18:45 <b>TOTAL BODY</b> <b>CONDITIONING</b> Studio with	19:00 - 19:45 <b>YOGA</b> Studio with Bianca
<b>TUE</b>		09:15 - 10:00 <b>LEGS BUMS &amp;</b> <b>TUMS</b> Studio with Zoe	10:15 - 11:00 <b>FOREVER</b> <b>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 Ian & Emily <b>£FREE</b>		15:00 - 17:00 <b>YOUNG GYM</b> FOR 11-15S		17:45 - 18:45 <b>YOGA4</b> <b>ANYONE</b> Activity Room with Daphne	18:00 - 18:45 <b>DANCE</b> <b>FIT</b> Main Hall with Kristel	18:00 - 18:45 <b>REE PUMP</b> Studio with Natalie	19:00 - 19:45 <b>STRETCH &amp;</b> <b>TONE</b> Studio with Natalie
<b>WED</b>	08:15 - 09:00 <b>YOGA</b> Studio with Ina	09:15 - 10:00 <b>ZUMBA</b> Main Hall with Irmina	10:15 - 11:00 <b>PILATES</b> (mixed ability) Studio with Maria	11:15 - 12:00 <b>KETTLEBELLS</b> Studio with Kurtis			14:00 - 15:00 <b>TAI CHI</b> Studio with Karen	15:00 - 17:00 <b>YOUNG GYM</b> FOR 11-15S			18:00 - 18:45 <b>REE COMBAT</b> Main Hall with Tina		19:00 - 19:45 <b>REE BALANCE</b> Studio with Tina
<b>THU</b>		09:15 - 10:00 <b>REE PUMP</b> Studio with Natalie	10:15 - 11:00 <b>FOREVER</b> <b>ACTIVE</b> Studio with Natalie		12:00 - 12:45 <b>GP REFERRAL</b> <b>STRENGTH &amp;</b> <b>BALANCE</b> Studio Fitness Team			15:00 - 17:00 <b>YOUNG GYM</b> FOR 11-15S			18:00 - 18:45 <b>CARNIVAL</b> <b>FITNESS</b> Main Hall with Dee	18:00 - 18:45 <b>REE PUMP</b> Studio with Tina	
<b>FRI</b>		09:15 - 10:00 <b>KETTLECISE</b> Studio with David	10:15 - 11:00 <b>TOTAL BODY</b> <b>CONDITIONING</b> Studio with Zoe	11:15 - 12:00 <b>BOX FIT</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>CLUBBERCISE</b> Main Hall with Tina	
<b>SAT</b>		09:15 - 10:00 <b>REE COMBAT</b> Main Hall with Tina	10:15 - 11:00 <b>CARNIVAL</b> <b>FITNESS</b> Main Hall with Bianca	<p><b>Any questions? ☎ 0117 950 3335 🖨 All info and bookings at <a href="http://southmead.org">southmead.org</a></b></p> <p><b>To receive updates about changes to the class timetable please make sure we have your email address.</b></p>									