



Greenway Fitness Classes & Gym Info

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.

Thursdays
 5:30 - 8.45pm
WOMEN ONLY
 GYM or class

*** 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 *

	08:00	09:00	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 Fitness Team	10:15 - 11:00 PILATES (mixed ability) Studio with Maria	11.15-12.00 BARRE FITNESS Studio with Maria			14:00 - 14:45 GP REFERRAL STRENGTH & BALANCE Studio Fitness Team	15:00 - 17:00 YOUNG GYM For 11-15s			18:00 - 18:45 CARNIVAL FITNESS Main Hall with Bianca	18.00-18.45 STRONG NATION Studio with Irmina	19.00-19.45 YOGA Studio with Bianca
TUE		09:15 - 10:00 LBT Studio with Zoe	10:30 - 11:15 FOREVER ACTIVE Studio with Kurtis		12:30 - 13:15 QIGONG Studio with Aisling £FREE	13.30-14.30 GOLDEN GAMES Studio Ian & Emily		15:00 - 17:00 YOUNG GYM For 11-15s		17:45 - 18:45 YOGA4 ANYONE Activity Room with Daphne ★	18:00 - 18:45 DANCE FIT Main Hall with Kristel	18:00 - 18:45 TBC	19.00-19.45 TBC
WED	08:15-09:00 YOGA Studio with Ina	09:15 - 10:00 ZUMBA Main Hall with Irmina	10:15 - 11:00 PILATES (mixed ability) Studio with Maria	11:15 - 12:00 KETTLEBELLS Studio with Kurtis			14:00 - 15:00 TAI CHI Studio with Karen ★	15:00 - 17:00 YOUNG GYM For 11-15s			18:00 - 18:45 REE COMBAT Main Hall with James		19.00 - 19.45 REE BALANCE Studio with James
THU		09:30 - 10:15 WEIGHTED WORKOUT Studio with Kay	10:30 - 11:15 FOREVER ACTIVE Studio with Kay		12:00 - 12:45 GP REFERRAL STRENGTH & BALANCE Studio Fitness Team			15:00 - 17:00 YOUNG GYM For 11-15s			18:00 - 18:45 Carnival Fitness Main Hall with Dee WOMEN ONLY GYM	18:15 - 19:00 Ree Pump Studio with Nat WOMEN ONLY GYM	19:05 - 19:50 Gym Weights Workshop with Nat WOMEN ONLY GYM
FRI		09:15 - 10:00 KETTLECISE Studio with David	10:15 - 11:00 TOTAL BODY CONDITIONING Studio with Zoe	11:15 - 12:00 BOX FIT Studio with Zoe	12:15 - 13:00 YOGA Studio with Vickie			15:00 - 17:00 YOUNG GYM For 11-15s			18:15 - 19:00 PILATES Studio with Denise	18:00 - 18:45 TBC	
SAT		09:15 - 10:00 TBC	10:15 - 11:00 CARNIVAL FITNESS Main Hall with Bianca	Gym times: Monday - Friday, 8am - 8:45pm, Weekends, 9am - 5pm Any questions? ☎ 0117 950 3335 🖨 All info and bookings at southmead.org									