



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
 17:30 - 20:45
WOMEN ONLY
 GYM

*** 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	14:00	15:00 - 17:00	17:00	18:00	19:00	
MON		09:30 - 10:15 CIRCUITS Studio with Maria		10:30 - 11:15 PILATES (mixed ability) Studio with Maria	11:30 - 12:15 BARRE FITNESS Studio with Maria		14:00 - 14:45 <u>REFERRAL ONLY</u> STRENGTH & BALANCE Main Hall With Denise	15:00 - 17:00 YOUNG GYM For 11-15s	18:00 - 18:45 CARNIVAL FITNESS Main Hall with Bianca	18:00 - 18:45 TOTAL BODY WORKOUT Studio with Gage	19:00 - 19:45 YOGA Studio with Bianca
TUE		09:15 - 10:00 Legs Bums & Tums Studio with Zoe	09:00 - 09:45 <u>REFERRAL ONLY</u> ESCAPE PAIN Multiuse Room with Clare	10:15 - 11:00 FOREVER ACTIVE Studio with Paula		12:30 - 13:15 QIGONG Studio with Aisling £FREE	15:00 - 17:00 YOUNG GYM For 11-15s	17:45 - 18:45 YOGA4 ANYONE Activity Room with Daphne ★	18:00 - 18:45 PUMP IT UP! Studio with Tina	18:00 - 18:45 DANCE FIT Main Hall with James	19:00 - 19:45 YOGA PILATES FUSION Studio with James
WED	08:15 - 09:00 YOGA Studio with Ina	09:15 - 10:00 ZUMBA Studio with Paula		10:15 - 11:00 PILATES (mixed ability) Studio with Maria		12:15 - 13:00 <u>REFERRAL ONLY</u> STRENGTH & BALANCE Fitness Studio With Denise	14:00 - 15:00 TAI CHI Studio with Karen ★	15:00 - 17:00 YOUNG GYM For 11-15s	17:30 - 18:15 BARRE FITNESS Studio with Clare	18:00 - 18:45 REE COMBAT Hall with Tina	18:15 - 19:00 PILATES Studio with Clare
THU		09:30 - 10:15 WEIGHTED WORKOUT Studio with Clare		10:30 - 11:15 FOREVER ACTIVE Fitness Studio with Gage		12:00 - 12:45 <u>REFERRAL ONLY</u> STRENGTH & BALANCE Fitness Studio With Denise	15:00 - 17:00 YOUNG GYM For 11-15s	17:45 - 18:30 Pump it up! Studio with Tina WOMEN ONLY GYM	18:00 - 18:45 CARNIVAL FITNESS Main Hall with Dee WOMEN ONLY GYM	18:00 - 18:45 CARNIVAL FITNESS Main Hall with Dee WOMEN ONLY GYM	18:45 - 19:30 Relax & Meditate with Clare WOMEN ONLY GYM
FRI		09:45 - 10:30 KETTLEBELLS Studio with Zoe	09:00 - 09:45 <u>REFERRAL ONLY</u> ESCAPE PAIN Multiuse Room with Clare	10:45 - 11:30 TOTAL BODY WORKOUT Studio with Zoe		12:15 - 13:00 YOGA Studio with Vickie	15:00 - 17:00 YOUNG GYM For 11-15s		18:00 - 18:45 GLOW BEATZ Main Hall with Tina	18:15 - 19:00 PILATES Studio with Denise	
SAT				10:15 - 11:00 CARNIVAL FITNESS Main Hall with Bianca	Gym times: Monday - Friday, 08:00 - 20:45, Weekends, 09:00 - 17:00 Any questions? ☎ 0117 950 3335 🖨 All info and bookings at southmead.org						