



Greenway Fitness Classes Autumn 2022

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 5:30pm *

| | 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 | | | | 14:00 - 14:45 GP REFERRAL STRENGTH & BALANCE Studio Fitness Team | 15:00 - 17:30 YOUNG GYM FOR 11-15S | | | 18:00 - 18:45 CARNIVAL FITNESS Main Hall with Bianca | | |
| TUE | | 09:15 - 10:00 LBT Studio with Zoe | 10.30 - 11.15 FOREVER ACTIVE Studio with Natalie | | 12:30 - 13:15 QIGONG Studio with Aisling £FREE | 13:30 - 14:30 GOLDEN GAMES Studio with Ian £FREE | | 15:00 - 17:30 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 REE PUMP Studio with Natalie | 19.00-19.30 REE BALANCE Studio with Natalie |
| 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 | | | | 14:00 - 15:00 TAI CHI Studio with Karen * | 15:00 - 17:30 YOUNG GYM FOR 11-15S | | | 18:00 - 18:45 REE COMBAT Main Hall with Kay | 19:00 - 19:45 LBT Studio with Kay | |
| THU | | | 10.30-11.15 FOREVER ACTIVE Studio with Natalie | | 12:00 - 12:45 GP REFERRAL STRENGTH & BALANCE Studio Fitness Team | | | 15:00 - 17:30 YOUNG GYM FOR 11-15S | | | 18:00 - 18:45 CARNIVAL FITNESS Main Hall with Dee | 18.00-18.45 REE PUMP Studio with Tina | 19.00-19.30 REE BALANCE Studio with Tina |
| FRI | | 09:15 - 10.15 KETTLECISE Studio with David | 10.15 - 11.00 HIIT STEP Studio with Zoe | | 12:00 - 12:45 YOGA Studio with Vickie | | | 15:00- 17:30 YOUNG GYM FOR 11-15S | | | 18:15 - 19:00 PILATES Studio with Denise | 18:00 - 18:45 CLUBBERCISE Main Hall with Tina | |
| SAT | | 09:15 - 10:00 REE COMBAT Main Hall with Tina | | 10:15 - 11:00 CARNIVAL FITNESS Main Hall with Bianca | <p>Any questions? ☎ 0117 950 3335 📧 All info and bookings at southmead.org</p> <p>To receive updates about changes to the class timetable please make sure we have your email address.</p> | | | | | | | | |