



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 Vickie				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 Rose				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	18:00 - 18:45 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 Mini	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>								