

UPDATED: 14/08/2025

Thursdays
17:30 - 20:45
WOMEN ONLY
MAIN GYM

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	08:00	09:00		10:00	11:00	12:00	14:00	15:00	17:00	18:00		19:00
MON		09:15 - 10:00 CIRCUITS Studio with Gage		10:30 - 11:15 PILATES (mixed ability) Studio with Timi		12:00 - 12:45 STEP with Bettina	14:00 - 14:45 CHAIR BASED EXERCISE Main Hall with Clare	15:00 - 17:00 YOUNG GYM age 11-15		18:00 - 18:45 CARNIVAL FITNESS Main Hall with Dee	18:15- 18:45 TOTAL BODY WORKOUT Studio with Katie	19:00 - 19:45 YOGA Studio with Amy
TUE		09:15 - 10:00 LEGS, BUMS & TUMS Studio with Zoe		10:15 - 11:00 FOREVER ACTIVE Studio with Paula		12:30 - 13:15 QIGONG Studio with Aisling		15:00 - 17:00 YOUNG GYM age 11-15	17:45 - 18:45 YOGA4 ANYONE Activity Room with Daphne ★	18:00 - 18:45 PUMP IT UP! Studio with Katie	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 Clare		12:15 - 13:00 CHAIR BASED EXERCISE Studio with Clare	14:00 - 15:00 TAI CHI Studio with Karen ★	15:00 - 17:00 YOUNG GYM age 11-15	17:30 - 18:15 BARRE FITNESS Studio with Clare	18:00 - 18:45 CARDIO 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 CHAIR BASED EXERCISE Fitness studio with Katie		15:00 - 17:00 YOUNG GYM Age 11-15	17:45 - 18:30 Pump it up! Studio with Tina WOMEN ONLY MAIN GYM		18:00 - 18:45 Carnival Fitness Main Hall with Dee WOMEN ONLY MAIN GYM	19:00—19.45 Yoga to Meditation with Clare WOMEN ONLY MAIN GYM
FRI		09:45 - 10:30 KETTLEBELLS Studio with Zoe		10:45 - 11:30 TOTAL BODY WORKOUT Studio with Zoe		12:15 - 13:00 YOGA Studio with Vickie		15:00 - 17:00 YOUNG GYM age 11-15		18:00 - 18:45 CARDIO COMBAT Main Hall with Tina	18:00 - 19:00 YOGA Studio with Timi	
SAT				10:15 - 11:00 CARNIVAL FITNESS Main Hall with Christina	Gym times: Monday - Friday (08:00 - 20:45), Weekends, (09:00 - 17:00) Any questions? ☎ 0117 950 3335 🖨 info and bookings at southmead.org							

