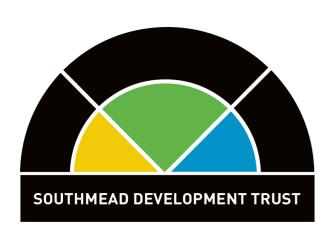


## **Greenway Fitness Class & Gym Info**

- Before taking part in any class everyone must register via our website. Please ask us for help with this if you need it.
- Classes are included in your monthly membership prices for non members (\*) are below
- If you cannot attend your booked class remember to cancel it so someone else can book
- Young people must complete an induction before they can attend gym sessions on their own (book at Reception).
- After 5 PM all young people must be accompanied by an adult 18+ in the Main Gym.

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

	08:00	09:0	0 10:00	11:00	12:00	14:00	:00 15:00 17:00 18:00		: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	
Тни		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 ONLY MAIN GYM	WOMEN ONLY MAIN GYM	18:00 - 18:45 Carnival Fitness Main Hall women with ONLY Dee 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		m times: M questions?	•	, ,	•	•	•	•



**SAT** 

**ADULTS** 

age 16+

with Gage

**BOXING CLUB** 

MIXED

age 11 - 17

## **Greenway Boxing Zone Timetable**

ADULTS age 16+ £6.50 per class	WOMEN/GIRLS ONLY  ages 11-17  £1.50 per dass	ages 11-17 3 - 5 PM £2.50 day pass dass	ages 11-17 £1.50 per dass	ADULTS age 16+ OPEN GYM
20.00 pc. 0.00	£1.50 per dass	£2.50 day pass dass	zzioo pei diass	OI LIV OIIVI

Any questions? 2 0117 950 3335 💷 info and bookings at southmead.org

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Mon	08:15 - 09:00 PAD FIT ADULTS age 16+ with Gage											19:00 - 19:45 BOXING CIRCUITS ADULTS age 16+	
TUE					12:30 - 13:00 RUMBLE ADULTS age 16+ with Kay				16:15 - 17:00 REFERRAL BOXING DROP IN Girls/Women ages 11-17	17:15 - 18:00 REFERRAL BOXING DROP IN Mixed ages 11-17			
WED	08:15 - 09:00 PAD FIT ADULTS age 16+ with Joel C												
Тни									16:15 - 17:00 BOXING DROP IN MIXED age 11-17	17:15 - 18:00 BOXING DROP IN MIXED ages 11-17			
FRI						13:00 - 13:45 PAD FIT ADULTS age 16+ with Kay			16:15 - 17:00 BOXING DROP IN Girls/Women ages 11-17				
		09:30 - 10:15 PAD FIT	10:30 - 11:15 SUMMER		Gym times: Monday - Friday, 08:00 - 20:45, Weekends, 09:00 - 17:00						7:00		