



# 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	09:00		10:00	11:00	12:00	14:00	15:00	17:00	18:00		19:00
<b>MON</b>		09:30 - 10:15 <b>CIRCUITS</b> Studio with Maria		10:30 - 11:15 <b>PILATES</b> (mixed ability) Studio with Maria	11:30 - 12:15 <b>BARRE FITNESS</b> Studio with Maria		14:00 - 14:45 <b>CHAIR BASED EXERCISE</b> Main Hall with Irmina	15:00 - 17:00 <b>YOUNG GYM</b> age 11-15		18:00 - 18:45 <b>CARNIVAL FITNESS</b> Main Hall with Bianca	18:00 - 18:45 <b>TOTAL BODY WORKOUT</b> Studio with Gage	19:00 - 19:45 <b>YOGA</b> Studio with Bianca
<b>TUE</b>		09:15 - 10:00 <b>LEGS, BUMS &amp; TUMS</b> Studio with Zoe	09:00 - 09:45 REFERRAL ONLY <b>ESCAPE PAIN</b> with Clare	10:15 - 11:00 <b>FOREVER ACTIVE</b> Studio with Paula		12:30 - 13:15 <b>QIGONG</b> Studio with Aisling		15:00 - 17:00 <b>YOUNG GYM</b> age 11-15	17:45 - 18:45 <b>YOGA4 ANYONE</b> Activity Room with Daphne ★	18:00 - 18:45 <b>PUMP IT UP!</b> Studio with Katie	18:00 - 18:45 <b>DANCE FIT</b> Main Hall with James	19:00 - 19:45 <b>YOGA PILATES FUSION</b> Studio with James
<b>WED</b>	08:15 - 09:00 <b>YOGA</b> Studio with Ina	09:15 - 10:00 <b>ZUMBA</b> Studio with Paula		10:15 - 11:00 <b>PILATES</b> (mixed ability) Studio with Pegsini		12:15 - 13:00 <b>CHAIR BASED EXERCISE</b> Studio with Clare	14:00 - 15:00 <b>TAI CHI</b> Studio with Karen ★	15:00 - 17:00 <b>YOUNG GYM</b> age 11-15	17:30 - 18:15 <b>BARRE FITNESS</b> Studio with Clare	18:00 - 18:45 <b>CARDIO COMBAT</b> Hall with Tina	18:15 - 19:00 <b>PILATES</b> Studio with Clare	
<b>THU</b>		09:30 - 10:15 <b>WEIGHTED WORKOUT</b> Studio with Clare		10:30 - 11:15 <b>FOREVER ACTIVE</b> Fitness Studio with Gage		12:00 - 12:45 <b>CHAIR BASED EXERCISE</b> Fitness studio with Kay		15:00 - 17:00 <b>YOUNG GYM</b> Age 11-15	17:45 - 18:30 Pump it up! Studio with Tina WOMEN ONLY MAIN GYM	WOMEN ONLY MAIN GYM	18:00 - 18:45 Carnival Fitness Main Hall with Dee WOMEN ONLY MAIN GYM	18:45 - 19:30 Yoga to Meditation with Clare WOMEN ONLY MAIN GYM
<b>FRI</b>		09:45 - 10:30 <b>KETTLEBELLS</b> Studio with Zoe	09:00 - 09:45 REFERRAL ONLY <b>ESCAPE PAIN</b> with Clare	10:45 - 11:30 <b>TOTAL BODY WORKOUT</b> Studio with Zoe	11:00-12:00 <b>CHAIR PILATES</b> Multi-Use Room with Clare ★	12:15 - 13:00 <b>YOGA</b> Studio with Vickie		15:00 - 17:00 <b>YOUNG GYM</b> age 11-15		18:00 - 18:45 <b>CARDIO COMBAT</b> Main Hall with Tina	18:00 - 19:00 <b>YOGA</b> Studio with Timi	
<b>SAT</b>				10:15 - 11:00 <b>CARNIVAL FITNESS</b> Main Hall with Bianca	<b>Gym times: Monday - Friday, 08:00 - 20:45, Weekends, 09:00 - 17:00</b> <b>Any questions? ☎ 0117 950 3335 🖨 info and bookings at <a href="http://southmead.org">southmead.org</a></b>							



# Greenway Boxing Zone Timetable

<b>ADULTS 16+</b> <b>£6.50 per class</b>	<b>ALL FEMALE 11-17</b> <b>£1.50 per class</b>	<b>11-17</b> <b>£2.50 day pass class</b>	<b>11-17</b> <b>£1.50 per class</b>	<b>ADULTS 16+</b> <b>OPEN GYM</b>
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	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
<b>MON</b>	08:15 - 09:00 <b>PAD FIT</b> ADULTS age 16+ with Gage							15:30 - 16:15 <b>PAD FIT</b> MIXED age 11-17 with Joel D	16:00 - 17:00 <b>OPEN GYM</b> age 11-17			19:00 - 19:45 <b>BOXING CIRCUITS</b> ADULTS age 16+ with Katie	
<b>TUE</b>					12:30 - 13:00 <b>RUMBLE</b> age 16+ with Kay			15:00 - 16:00 <b>OPEN GYM</b> age 11-17	16:15 - 17:00 REFERRAL ONLY <b>PAD FIT</b> Girls ONLY age 11-17 with Serena	17:15 - 18:00 REFERRAL ONLY <b>RUMBLE</b> MIXED age 11-17 with Serena			
<b>WED</b>	08:15 - 09:00 <b>PAD FIT</b> ADULTS age 16+ with Joel C							15:00 - 16:00 <b>OPEN GYM</b> age 11-17	15:00 - 16:00 <b>OPEN GYM</b> age 11-17	17:00 - 18:00 <b>OPEN GYM</b> age 11-17			
<b>THU</b>								15:00 - 16:00 <b>OPEN GYM</b> age 11-17	16:15 - 17:00 <b>PAD FIT</b> MIXED age 11-17 with Katie	17:15 - 18:00 <b>BOXING CIRCUITS</b> Girls ONLY age 11-17 with Katie			
<b>FRI</b>						13:00 - 13:45 <b>PAD FIT</b> age 16+ with Kay		15:00 - 16:00 <b>OPEN GYM</b> age 11-17	16:15 - 17:00 <b>BOXING CIRCUITS</b> MIXED age 11-17 with Katie	17:15 - 18:00 <b>PAD FIT</b> MIXED age 11-17 with Katie			
<b>SAT</b>		09:30 - 10:15 <b>PAD FIT</b> ADULTS age 16+ with Gage			<b>Gym times: Monday - Friday, 08:00 - 20:45, Weekends, 09:00 - 17:00</b> <b>Any questions? ☎ 0117 950 3335 🖨 info and bookings at <a href="http://southmead.org">southmead.org</a></b>								