



SOUTHMEAD DEVELOPMENT TRUST

GREENWAY GYM

Greenway Gym & Boxing Zone times

Monday to Friday: 8am - 8:45pm / Saturday and Sunday: 9am - 5pm
 (upper level open during all Boxing Zone classes)

fitness@southmead.org
 0117 950 3335
www.southmead.org
[greenwaycentre](https://www.facebook.com/greenwaycentre)
[greenwaygym](https://www.instagram.com/greenwaygym)

	8 AM	9 AM	10 AM	12 PM		3 PM	4 PM	5 PM		7 PM
Mon	08:30 - 09:15 Box Fit Adults age 16+ Boxing Zone with Zoe						15:00 - 17:00 Young Gym ages 11 - 15 only Both Gym Levels	15:00 - 17:00 Young Gym ages 11 - 15 only Both Gym Levels	17:00 - 18:00 Boxing Zone closed session	19:00 - 19:45 Box Fit Adults age 16+ Boxing Zone with Katie
Tue						15:00 - 17:00 Young Gym ages 11 - 15 only Both Gym Levels	16:15 - 17:00 Boxing Zone closed session			
Wed	08:15 - 09:00 Box Fit Adults age 16+ Boxing Zone with Katie						15:00 - 17:00 Young Gym ages 11 - 15 only Both Gym Levels	15:00 - 17:00 Young Gym ages 11 - 15 only Both Gym Levels		
Thu							15:00 - 17:00 Young Gym ages 11 - 15 only Both Gym Levels		17:30 - 20:45 Women Only Main/upper level gym	
Fri					12:30 - 13:00 Box Fit Adults age 16+ Boxing Zone with Kay		15:00 - 17:00 Young Gym ages 11 - 15 only Both Gym Levels	15:00 - 17:00 Young Gym ages 11 - 15 only Both Gym Levels		
Sat		09:30 - 10:15 Box Fit Adults age 16+ Boxing Zone with Katie/Joel C	10:30 - 11:15 Young Gym Boxing Club ages 11 - 15 Boxing Zone with Katie/Joel C							
Sun										

Colour key and prices 	Both Levels open	Adult Bozng Zone class for ages 16+ £6:50 per session	Boxing Zone class for ages 11 - 15 £1:50 per session	Boxing Zone closed session	Boxing Zone class for girls ages 11 - 15 £1:50 per session	Young Gym Both Gym Levels for ages 11 - 15 £2:50 day pass	Women Only session in Main/Upper level gym
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