

SOUTHMEAD



DEVELOPMENT TRUST

Greenway Gym

Greenway Centre

Doncaster Road

Southmead

BS10 5PY

0117 950 3335

www.southmead.org
fitness@southmead.org

CLASS TIMETABLE

MONDAY

9:15am-10:00am

Strong Nation™

10:30am-11:15am

Beginners Pilates (Room and Zoom)

12:00pm-12:45pm

Staying Steady

(health consultation required)

2:00pm-2:45pm

Gentle Seated Exercise

(health consultation required)

3:15pm-4:15pm

Small group gym induction

6:00pm-6:45pm

Carnival Fitness

TUESDAY

9:15am-10:00am

Carnival Fitness

9:15am-10:00am

Box-Fit (online Zoom class)

11:45am-12:30pm

Qi Gong

5:30pm-6:30pm

Small group gym induction

6:00pm-6:45pm

Dance-Fit

All classes are included in the

ALL-IN! membership or

£5 per class pay-as-you-go

Book your space online:

www.southmead.org

WEDNESDAY

9:15am-10:00am

Strong Nation™

9:15am-10:15am

Small group gym induction

10:00am-11:00am

Gentle walking group

(Contact Colette on 07732 954 624)

12:00pm-12:45pm

Intermediate Pilates (Room and Zoom)

6:00pm-6:45pm

Box-Fit

THURSDAY

9:15am-10:00am

Legs, Bums and Tums

9:15am-10:00am

Strong Nation™ (online Zoom class)

10:30am-11:15am

Forever Active (seniors class)

6:00pm-6:45pm

Strong Nation™

FRIDAY

9:15am-10:00am

Box-Fit

6:00pm-6:45pm

Pilates (Room and Zoom)

GYM OPENING HOURS

Monday-Friday, 9:00am-7:00pm

Saturday-Sunday, 9:00am-1:00pm

BECOME AN ALL-IN! MEMBER TODAY!

ONLY £19.99 PER MONTH