

# HARBOURSIDE-JULY TIMETABLE

## MONDAY

|             |                   |             |              |
|-------------|-------------------|-------------|--------------|
| 7.00-7.30   | GRIT              | STUDIO 1    | IZZY & BAIBA |
| 7.30-8.00   | CXWORX            | STUDIO 1    | BAIBA        |
| 12.10-12.50 | BODY BALANCE      | STUDIO 2    | DI           |
| 12.10-12.50 | BODY PUMP         | STUDIO 1    | ADAM         |
| 13.10-13.40 | GRIT              | STUDIO 1    | ADAM         |
| 13.10-13.40 | SPRINT            | SPIN STUDIO | DI           |
| 17.15-17.45 | BEGINNERS PILATES | STUDIO 2    | LORRAINE     |
| 17.30-18.00 | BODY PUMP         | STUDIO 1    | KATE/AMY     |
| 17.45-18.30 | PILATES           | STUDIO 2    | LORRAINE     |
| 18.00-18.30 | SPRINT            | SPIN STUDIO | KATE / DI    |
| 18.00-18.40 | BODY BLAST        | STUDIO 1    | RHIANNON     |
| 18.30-19.30 | YOGA              | STUDIO 2    | NICOLA       |
| 18.45-19.30 | BODY PUMP         | STUDIO 1    | DI           |
| 19.35-20.20 | BODY BALANCE      | STUDIO 2    | LAURA        |

## TUESDAY

|             |               |             |                |
|-------------|---------------|-------------|----------------|
| 7.00-7.30   | SPRINT        | SPIN STUDIO | DI             |
| 7.00-7.45   | BODY ATTACK   | STUDIO 1    | SCOTT          |
| 7.45-8.30   | BODY BALANCE  | STUDIO 2    | DI             |
| 12.10-12.45 | BODY PUMP     | STUDIO 1    | BEN            |
| 12.10-12.50 | BODY BALANCE  | STUDIO 2    | CORINNE        |
| 12.45-13.15 | BODY STEP     | STUDIO 1    | BEN            |
| 13.10-13.50 | YOGA          | STUDIO 2    | CORINNE        |
| 13.20-13.50 | HIIT          | STUDIO 1    | BEN            |
| 17.30-18.00 | SH'BAM        | STUDIO 1    | BEN            |
| 18.00-18.45 | BODY ATTACK   | STUDIO 1    | BEN & RHIANNON |
| 18.00-18.45 | BODY BALANCE  | STUDIO 2    | ABBIE          |
| 18.15-19.00 | SPIN          | SPIN STUDIO | NADIA          |
| 18.45-19.30 | BODY PUMP     | STUDIO 1    | RHIANNON       |
| 19.00-20.00 | ADVANCED YOGA | STUDIO 2    | WALE           |

## WEDNESDAY

|             |               |             |             |
|-------------|---------------|-------------|-------------|
| 7.00-7.45   | BODY PUMP     | STUDIO 1    | DANIEL      |
| 7.15-8.15   | BODY BALANCE  | STUDIO 2    | KERSTIN     |
| 7.15-8.00   | SPIN          | SPIN STUDIO | CARLY       |
| 12.10-12.50 | BODY BLAST    | STUDIO 1    | RHIANNON    |
| 12.10-12.50 | ADVANCED YOGA | STUDIO 2    | WALE        |
| 12.45-13.15 | SPRINT        | SPIN STUDIO | DI          |
| 13.10-13.50 | BODY BALANCE  | STUDIO 2    | RHIANNON    |
| 13.20-13.50 | CXWORX        | STUDIO 1    | BAIBA       |
| 17.30-18.00 | BODY PUMP     | STUDIO 1    | KATE/AMY    |
| 17.45-18.30 | YOGA          | STUDIO 2    | NICOLA      |
| 17.45-18.30 | SPIN          | SPIN STUDIO | CARLY       |
| 18.00-18.45 | BODY COMBAT   | STUDIO 1    | KATE/HAYLEY |
| 18.30-20.00 | ADVANCED YOGA | STUDIO 2    | WALE        |
| 18.45-19.30 | BODY PUMP     | STUDIO 1    | IZZY        |

## THURSDAY

|             |                 |             |          |
|-------------|-----------------|-------------|----------|
| 6.45-7.15   | GRIT            | STUDIO 1    | ADAM     |
| 7.15-8.00   | SPIN            | SPIN STUDIO | NADIA    |
| 7.20-7.50   | CORE            | STUDIO 1    | ADAM     |
| 12.10-12.50 | GRIT            | STUDIO 1    | DI       |
| 12.10-12.50 | SPIN            | SPIN STUDIO | RHIANNON |
| 13.10-13.50 | BODY BALANCE    | STUDIO 2    | DI       |
| 13.10-13.50 | BODY PUMP       | STUDIO 1    | RHIANNON |
| 17.30-18.15 | BODY PUMP       | STUDIO 1    | SCOTT    |
| 17.45-19.00 | ADVANCED YOGA   | STUDIO 2    | WALE     |
| 18.20-18.50 | SPRINT          | SPIN STUDIO | SARAH    |
| 18.20-19.05 | BODY BALANCE    | STUDIO 1    | SCOTT    |
| 19.15-20.15 | YOGA ALL LEVELS | STUDIO 2    | KARIS    |

## FRIDAY

|             |                 |             |         |
|-------------|-----------------|-------------|---------|
| 7.10-7.55   | BODY PUMP       | STUDIO 1    | ADAM    |
| 12.10-12.40 | GRIT            | STUDIO 1    | ADAM    |
| 12.10-12.50 | HATHA YOGA      | STUDIO 2    | TIFFANY |
| 12.45-13.30 | POSTURE PILATES | STUDIO 1    | SALLY   |
| 13.10-13.50 | RPM             | SPIN STUDIO | ADAM    |
| 13.10-13.50 | BODY BALANCE    | STUDIO 2    | ABBIE   |
| 17.30-18.30 | WELLNESS YOGA   | STUDIO 1    | EMMA    |

## SATURDAY

|             |           |             |       |
|-------------|-----------|-------------|-------|
| 8.45-9.30   | BODY PUMP | STUDIO 1    | AMY   |
| 9.30-10.15  | BODY PUMP | STUDIO 1    | DI    |
| 10.20-10.50 | SPRINT    | SPIN STUDIO | DI    |
| 10.20-11.05 | YOGA      | STUDIO 2    | LEORA |

## SUNDAY

|             |              |          |       |
|-------------|--------------|----------|-------|
| 10.00-10.45 | BODY PUMP    | STUDIO 1 | ABBIE |
| 10.45-11.15 | CXWORX       | STUDIO 2 | ABBIE |
| 11.30-12.15 | BODY BALANCE | STUDIO 2 | ABBIE |

## MEMBERSHIP OPTIONS

### ANYTIME MULTIGYM

£24.99 Monthly  
£280.00 Annually

Our anytime membership will allow you full access to the gym and classes at Workout Harbourside and Workout Ashton, aswell as a free induction.  
(Squash is not included in this membership)

#### **Access Hours:**

Harbourside:  
6.30-23.00 (Mon-Fri)  
8.00-20.00 (Sat)  
8.00-18.00 (Sun)

Ashton:  
6.00-22.00 (Mon-Fri)  
8.00-20.00 (Sat & Sun)

### SQUASH

£34.99 Monthly  
£390.00 Annually

Our Squash membership will allow you full access to the gym, classes and squash courts both at Workout Harbourside and Workout Ashton, aswell as a free induction.

Full access as listed above.

### OFF PEAK

£9.99 Monthly  
£110.00 Annually

Our off-peak membership will allow you access to the gym at limited times of the day. Classes and Squash are not included, however you will receive a free induction.

#### **Access Hours:**

8.30-11.30/2.30-5 (Mon-Fri)  
8.00-18.00 (Sat & Sun)

### PAYG

£7.50 per class  
£7.50 per gym visit  
£15 per squash booking

Classes can be booked 48 hours in advance and cancelled up to 90 minutes before the class via your online account.

Members will be charged £2 for cancelling within the 90 minutes.

Move GB and PAYG members will be charged the full session rate. PAYG and Move GB will need to initially register with us on our website prior to their first class, this will enable you to have direct access to all our classes in the future.

For more information, you can speak to one of the team, visit [www.workoutbristol.co.uk](http://www.workoutbristol.co.uk) or you can give us a call on 01179 378 020

#### **Joining Fee:**

There is a £15.00 joining fee for every membership option.  
This will be taken on the day you sign up.

#### **Other Fees:**

There is an annual fee of £15.00 which is taken on the 1<sup>st</sup> June every year. This fee goes towards the development of the club.