



workout
B R I S T O L
H A R B O U R S I D E

GROUP EXERCISE TIMETABLE

MONDAY			
7.00-7.30	GRIT	STUDIO 1	PAUL
7.30-8.00	CXWORX	STUDIO 1	PAUL
12.10-12.50	BODY BALANCE	STUDIO 2	DI
12.10-12.50	BODY PUMP	STUDIO 1	PAUL
13.10-13.40	GRIT	STUDIO 1	PAUL
13.10-13.50	SPIN	SPIN STUDIO	DI
17.15-17.45	BEGINNERS PILATES	STUDIO 2	LORRAINE
17.45-18.30	RPM	SPIN STUDIO	KATE
17.45-18.30	PILATES	STUDIO 2	LORRAINE
18.00-18.30	GRIT	STUDIO 1	DI
18.30-19.15	BODY PUMP	STUDIO 1	DI
18.30-19.30	VINYASA YOGA	STUDIO 2	CORINNE
19.20-20.05	BODY BALANCE	STUDIO 1	DI
TUESDAY			
7.00-7.45	BODY ATTACK	STUDIO 1	PAUL
12.10-12.45	BODY PUMP	STUDIO 1	BEN
12.10-12.50	BODY BALANCE	STUDIO 2	CORRINE
12.45-13.15	BODY STEP	STUDIO 1	BEN
13.10-13.50	YOGA	STUDIO 2	CORINNE
13.20-13.50	HIIT	STUDIO 1	VICKY
17.30-18.00	SH'BAM	STUDIO 1	BEN
18.00-18.45	BODY ATTACK	STUDIO 1	BEN & RHI
18.00-18.45	BODY BALANCE	STUDIO 2	ABBAY
18.15-19.00	SPIN	SPIN STUDIO	NADIA
18.45-19.30	BODY PUMP	STUDIO 1	KATE & RHI
19.00-20.00	ADVANCED YOGA	STUDIO 2	WALE
WEDNESDAY			
7.00-7.45	BODY PUMP	STUDIO 1	SALLY
7.15-8.15	BODY BALANCE	STUDIO 2	KERSTIN
12.10-12.50	BODY BLAST	STUDIO 1	RHI
12.45-13.15	SPRINT	SPIN STUDIO	PAUL
13.10-13.50	ADVANCED YOGA	STUDIO 2	WALE
13.20-13.50	CXWORX	STUDIO 1	PAUL
17.45-18.30	BODY COMBAT	STUDIO 1	KATE
17.45-18.30	BODY BALANCE	STUDIO 2	ABBAY
17.45-18.30	RPM	SPIN STUDIO	PAUL
18.30-20.00	ADVANCED YOGA	STUDIO 2	WALE
18.35-19.20	BODY PUMP	STUDIO 1	KATE & PAUL
THURSDAY			
6.45-7.15	GRIT	STUDIO 1	MARC
7.15-8.00	SPIN	SPIN STUDIO	NADIA
7.20-7.50	CXWORX	STUDIO 1	MARC
12.10-12.40	GRIT	STUDIO 1	SCOTT
12.10-12.50	SPIN	SPIN STUDIO	DI
13.10-13.50	BODY BALANCE	STUDIO 2	DI
13.10-13.50	BODY PUMP	STUDIO 1	SCOTT
17.30-18.15	BODY PUMP	STUDIO 1	PAUL & SCOTT
17.45-19.00	ADVANCED YOGA	STUDIO 2	WALE
18.20-18.50	SPRINT	SPIN STUDIO	PAUL
18.20-19.05	BODY BALANCE	STUDIO 1	SCOTT
19.00-20.00	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
13.10-13.50	RPM	SPIN STUDIO	ADAM
13.10-13.50	BODY BALANCE	STUDIO 2	ABBAY
17.30-18.30	WELLNESS YOGA	STUDIO 2	EMMA
SATURDAY			
9.30-10.15	BODY PUMP	STUDIO 1	ABBAY
10.20-10.50	CXWORX	STUDIO 1	ABBAY
11.00-11.45	BODY BALANCE	STUDIO 2	ABBAY

MEMBERSHIP OPTIONS

ANYTIME MULTI GYM

£24.99 Monthly
£280.00 Yearly

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 Yearly

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 opposite.

OFF- PEAK

£9.99 Monthly
£110.00 Yearly

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

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 1st June every year. This fee goes towards the development of the club.

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 or you can give us a call on 01179 378 020