

BIG DAY

of move



22ND APRIL 2017

00:00	23:59	Pure Gym - Bristol Barrow Road	Day Pass
00:00	23:59	Pure Gym - Bristol Harbourside	Day Pass
00:00	23:59	Pure Gym - Bristol Union Gate	Day Pass
07:00	21:00	BS7 Gym	Gym Session
07:00	21:00	Aztec Hotel & Spa	Gym and Swim
07:00	17:00	CW Fitness Solutions	Gym Pass
07:30	21:00	Everyone Active - Easton, Bristol	Squash Court Rental - Off Peak
07:30	21:00	Everyone Active - Easton, Bristol	Badminton Court Rental - Off Peak
07:30	21:00	Everyone Active - Easton, Bristol	Gym Pass
07:30	20:30	Everyone Active - Henbury, Bristol	Swimming session
08:00	15:45	Everyone Active - Bristol South Swimming	Swimming session
08:00	08:45	Everyone Active - Easton, Bristol	sh'bam
08:00	16:00	Everyone Active - Henbury, Bristol	Gym Pass
08:00	22:00	Everyone Active - Horfield, Bristol	Gym Pass
08:00	16:00	Everyone Active - Horfield, Bristol	Swimming
08:00	18:00	Everyone Active - Kingsdown, Bristol	Badminton Peak
08:00	18:00	Everyone Active - Kingsdown, Bristol	Gym Pass
08:00	22:00	Bristol Real Tennis Club	Introduction to Real Tennis
08:00	18:00	Merchants Academy Sports Centre	1 Day Gym Pass
08:00	11:00	Vibrocise Studios - Bristol	Vibration Plate Training
08:00	17:00	The Grand Leisure Club	Gym Pass
08:00	17:00	The Grand Leisure Club	Pool
08:00	13:30	The Exercise Club - Clifton	Cardio Gym Session
08:00	08:30	Pure Gym - Bristol Union Gate	Tone Induction
08:00	16:00	CrossFit Fort Ashton	Open Gym
08:00	13:00	TrainHers	Ladies Only Gym Pass
08:00	20:00	Workout Bristol - Crossfit Fort Ashton	Gym Pass
08:00	09:00	CW Fitness Solutions	Circuits
08:15	09:00	Everyone Active - Horfield, Bristol	Group Cycling
08:15	08:45	Everyone Active - Horfield, Bristol	Body Combat
08:15	09:45	Bristol City Yoga - Stokes Croft	Ashtanga Yoga - Led (Imp - Int)
08:30	09:30	Functional Fitness Bristol - Ashton Court	Bootcamp
08:30	22:00	South Bristol Sports Centre	Gym Pass
08:45	09:40	Wellsway Sports Centre	Studio Cycling!
09:00	09:45	Everyone Active - Henbury, Bristol	Group Cycling

09:00	21:00	Everyone Active - Henbury, Bristol	Badminton Court Rental - Off Peak
09:00	09:45	Everyone Active - Horfield, Bristol	Insanity
09:00	09:55	Everyone Active - Horfield, Bristol	Zumba
09:00	16:00	Everyone Active - Horfield, Bristol	Squash Court Hire
09:00	12:00	Everyone Active - Horfield, Bristol	Badminton Court Hire
09:00	09:45	Everyone Active - Kingsdown, Bristol	Group Cycling
09:00	22:30	Everyone Active - Kingsdown, Bristol	Squash court rental (Peak)
09:00	16:30	Everyone Active - St Pauls, Bristol	Badminton (Off Peak)
09:00	16:30	Everyone Active - St Pauls, Bristol	Gym Pass
09:00	17:00	VIVO Sports Gym	(1) GYM PASS
09:00	10:00	Hodge Health & Fitness Military Boot Camps	Military Boot Camp Sessions
09:00	09:45	Petra's Fitness - Redcatch Park	Bootcamp Session
09:00	10:00	ProTom Fitness - Vivo Sports	4 Core Fitness - Group PT
09:00	09:30	ProTom Fitness - Vivo Sports	Quick Fit
09:00	09:45	PHNX Fitness Studio	Body Conditioning
09:00	09:45	Pure Gym - Bristol Harbourside	Pure Circuits
09:00	09:45	Aztec Hotel & Spa	Abs Blast
09:00	10:15	GB Fit Gym	Family Kung Fu
09:00	10:00	CrossFit Fort Ashton	WOD
09:00	10:00	Bristol Cardio Tennis - Canford Park	Adult Cardio Tennis
09:00	17:00	SBL Sports Community Centre - Courts	Tennis Courts
09:00	17:00	SBL Sports Community Centre - Courts	Table Tennis Hire
09:00	17:00	SBL Sports Community Centre - Courts	Badminton Courts
09:00	10:15	B Pro Fitness	Tribal Training Bootcamp
09:00	10:00	Bristol Dojo Ltd	CageFit - Fitness & Conditioning
09:00	10:00	Trika Yoga	Vinyasa Flow (L1)
09:00	09:45	Workout Bristol - Crossfit Fort Ashton	Spin Workout
09:00	10:00	BodyJam Spin City Bristol	Les Mills BODYJAM
09:00	12:00	Peter J Coniglio - BProFit	Personal Training
09:10	10:10	BS7 Gym	Yoga
09:15	10:00	Everyone Active - Easton, Bristol	Kettlebells
09:15	10:00	Everyone Active - Horfield, Bristol	Group Cycling
09:15	10:00	Pure Gym - Bristol Barrow Road	Pure Pump
09:15	10:00	Pure Gym - Bristol Union Gate	Pure Cycle
09:15	10:00	Aztec Hotel & Spa	Spin
09:15	10:00	SBL Sports Community Centre	Booty Camp
09:30	10:30	Merchants Academy Sports Centre	Aerobics
09:30	10:30	LA Revolution	Spin and Stretch
09:30	10:00	Pure Gym - Bristol Harbourside	Weight Loss Induction
09:30	10:30	Frampton Fitness @Crossbow House	Ladies Weights Session
09:30	10:30	My Yoga Space	Yoga
09:45	10:00	Workout Bristol - Crossfit Fort Ashton	Beginners Taster Boxing Fit Workout
09:55	10:40	Pure Gym - Bristol Harbourside	Pure Cycle
10:00	10:55	Everyone Active - Henbury, Bristol	Body Pump
10:00	10:45	Everyone Active - Kingsdown, Bristol	Group Cycling
10:00	10:45	Everyone Active - St Pauls, Bristol	Group Cycling

10:00	10:45	VIVO Sports Gym	SPIN
10:00	19:00	Gloucester Road Fitness	Gym Pass
10:00	16:00	Bristol Independent Gym	Gym Pass
10:00	11:00	Impact Gym - Bristol	Combat Ju Jitsu
10:00	11:00	Wellsway Sports Centre	BODYPUMP
10:00	19:00	Ladies Only Gym Bristol	Ladies Only Gym Pass
10:00	11:15	Rainbow Fitness - Westbury Park	Body Burn Circuit - Outdoor
10:00	11:30	Bristol City Yoga - Stokes Croft	Iyengar Yoga (Imp - Int)
10:00	11:30	Bristol City Yoga - Stokes Croft	Iyengar Yoga (Imp - Int)
10:00	11:30	Bristol Boxing Gym	Adult BoxFit Class
10:00	11:00	Ashton Park Sports Centre	Multi Aerobics
10:00	11:30	ProTom Fitness - Vivo Sports	Thai Kickboxing - Intermediate/Advanced
10:00	11:00	PHNX Fitness Studio	Kids Boxercise
10:00	17:00	Bluebird Bliss Equine Healing Centre & Holistic Livery	Horseback Yoga
10:00	11:00	Zumba with Celena - Kingswood	Zumba Fitness & Zumba Toning
10:00	11:00	Ziza Fitness - Totterdown Baptist Church	Bootcamp with Ziza Fitness (6 week course - starting March 4th)
10:00	10:45	Jumpfit - The Park	Jumpfit
10:00	11:00	CrossFit Fort Ashton	WOD
10:00	11:30	Bristol Dojo Ltd	Open Mat Session
10:00	17:00	Bristol Pilates Studio	1:1 Pilates
10:00	11:00	Spincity	Body Balance
10:00	11:00	The PT Academy - 60 Minute Bootcamps	Movere 60 minute Bootcamp
10:00	10:45	Workout Bristol - Crossfit Fort Ashton	Spin Workout
10:00	10:45	Workout Bristol - Crossfit Fort Ashton	Boxing Fit Workout
10:00	11:00	Workout Bristol - Crossfit Fort Ashton	Hatha Flow
10:00	11:30	Pacific Yoga	Hot Yilates
10:00	18:00	The Orange Tree - Energy Healing	60 Minute Reiki Session
10:00	18:00	The Orange Tree - Energy Healing	30 Minute Seated Reiki Session
10:00	11:00	Power Fitness Bristol - Scout Hall	Power Fitness Bootcamp
10:05	11:00	Everyone Active - Horfield, Bristol	Body Pump
10:10	10:55	Pure Gym - Bristol Barrow Road	Pure Cycle
10:10	10:55	Pure Gym - Bristol Union Gate	Pure Boot Camp
10:15	11:00	Everyone Active - Easton, Bristol	Group Cycling
10:15	11:15	Everyone Active - Easton, Bristol	Yoga
10:15	11:00	Everyone Active - Horfield, Bristol	RPM
10:15	11:00	SBL Sports Community Centre	Cycle-Fit
10:30	15:30	MYGYM	Gym Pass
10:30	11:30	BS7 Gym	H.I.I.T
10:30	11:30	Miro Caminade Personal Training - Redland Tennis Club	Move, Core & Stretch
10:30	11:30	Pure Gym - Bristol Harbourside	Pure Yoga - Â£2
10:30	11:30	Pure Gym - Bristol Harbourside	Pure Yoga
10:30	11:30	GB Fit Gym	Fitness and Pads

11:00	12:00	Everyone Active - St Pauls, Bristol	Body Pump
11:00	12:00	Merchants Academy Sports Centre	Zumba
11:00	12:00	ZUMBA with Nectaria - Malcolm X Community Centre, St. Pauls - Ladies only class	Zumba with Nectaria! (LADIES ONLY CLASS)
11:00	11:30	Zumba with Celena - Kingswood	HIIT Rebounder (30 mins)
11:00	12:00	Ziza Fitness - Totterdown Baptist Church	Piloxing (Box-Pilates-Dance) with Ziza Fitness
11:00	12:00	CrossFit Fort Ashton	Barbell Club
11:00	14:00	Filton Sports & Leisure Centre	Swimming
11:00	12:30	Yogawest	General Iyengar Yoga
11:05	11:20	Everyone Active - Easton, Bristol	Core Blimey
11:15	12:45	Everyone Active - Easton, Bristol	Swimming Session
11:15	17:00	Everyone Active - Horfield, Bristol	RPM
11:15	12:00	Rainbow Fitness - Westbury Park	Stretch & Poise
11:15	12:15	Workout Bristol - Crossfit Fort Ashton	Hatha Yoga Workout
11:30	12:30	Bristol Boxing Gym	Novice Sparring Sessions
11:30	12:30	Bristol Dojo Ltd	K-1 Kickboxing - Adults
11:30	12:30	Trika Yoga	Ashtanga Basics
11:45	12:30	Everyone Active - Kingsdown, Bristol	Insanity
11:45	12:45	Bristol City Yoga - Stokes Croft	Ashtanga Yoga - Led (Beg)
12:00	12:30	Everyone Active - Easton, Bristol	CXWORX
12:00	13:00	Everyone Active - Henbury, Bristol	Gym Active
12:00	12:45	Pure Gym - Bristol Barrow Road	Pure Step
12:05	13:00	Everyone Active - Henbury, Bristol	Pilates
12:05	13:00	Workout Bristol - Crossfit Fort Ashton	Barbell Pump
12:20	12:50	Pure Gym - Bristol Union Gate	Pure Cycle
12:30	13:00	Pure Gym - Bristol Harbourside	Tone Induction
12:30	13:15	Pure Gym - Bristol Harbourside	Pure Bootcamp
12:30	14:00	Protom Fitness - Longwell Green	Quickboxing - Kick Thaiboxing
12:30	14:00	Pacific Yoga	Astanga 90 mins
12:45	13:45	Trika Yoga	Power Yoga
12:45	13:45	Yoga with Julia - Hamilton House	Techno Vinyasa Flow with Beni and Julia
12:55	13:40	Pure Gym - Bristol Barrow Road	Pure Circuits
13:00	14:00	Everyone Active - Easton, Bristol	Body Combat
13:00	13:55	Everyone Active - Horfield, Bristol	Pilates
13:00	14:30	Bristol City Yoga - Stokes Croft	Hatha Flow Yoga (Beg - Imp)
13:00	14:30	Bristol City Yoga - Stokes Croft	Hatha Flow Yoga (Beg - Imp)
13:00	13:45	Petra's Fitness - Victoria Park	Cardio Tennis
13:00	22:30	Somerdale Pavilion	Gym Pass
13:10	13:40	Pure Gym - Bristol Union Gate	Pure Fat Burn
13:20	13:50	Pure Gym - Bristol Harbourside	Pure Cycle
13:30	17:00	Everyone Active - Easton, Bristol	Swimming Session
13:45	14:45	Everyone Active - Bristol South Swimming	Family Fun Swim
14:00	14:55	Everyone Active - Horfield, Bristol	Improvers Pilates
14:00	14:30	Everyone Active - Kingsdown, Bristol	Body Balance

14:00	15:00	BS7 Gym	Boxing Training
14:00	14:45	Pure Gym - Bristol Harbourside	Pure Legs, Bums & Tums
14:00	15:00	Protom Fitness - Longwell Green	4 Core Fitness - Group PT
14:00	14:30	Protom Fitness - Longwell Green	Quickfit
14:00	16:00	Bristol Capoeira - The Bristol Student Union	Capoeira
14:30	15:00	Pure Gym - Bristol Barrow Road	Tone Induction
14:45	16:15	Bristol City Yoga - Stokes Croft	Vinyasa Flow Yoga (Int - Exp)
14:45	16:15	Bristol City Yoga - Stokes Croft	Vinyasa Flow Yoga with Laura (Int - Exp)
15:00	15:30	Everyone Active - Kingsdown, Bristol	Body Combat
15:00	15:45	Pure Gym - Bristol Union Gate	Les Mills Virtual Sh'bam
15:15	16:15	Trika Yoga	Heated Restorative Yoga
15:30	16:15	Everyone Active - Horfield, Bristol	Body Pump
15:30	16:00	Pure Gym - Bristol Union Gate	Tone Induction
16:00	17:00	Filton Sports & Leisure Centre	Swimming
16:30	17:00	Pure Gym - Bristol Union Gate	Strength & Conditioning Induction
17:00	17:45	Everyone Active - Easton, Bristol	sh'bam
17:00	17:45	Everyone Active - Horfield, Bristol	Group Cycling
17:00	17:30	Pure Gym - Bristol Barrow Road	Weight Loss Induction
17:00	18:30	Pacific Yoga	Hot 26
17:15	17:45	Everyone Active - Horfield, Bristol	Body Combat
17:30	18:15	Pure Gym - Bristol Barrow Road	Pure Cycle
17:30	18:00	Pure Gym - Bristol Harbourside	General Fitness Induction
18:00	18:30	Everyone Active - Easton, Bristol	Body Combat
18:15	19:00	Everyone Active - Horfield, Bristol	RPM
18:25	18:55	Pure Gym - Bristol Union Gate	Pure Abs
19:00	20:00	Everyone Active - Easton, Bristol	Body Balance
19:15	19:45	Everyone Active - Horfield, Bristol	Body Combat
19:15	20:00	Everyone Active - Horfield, Bristol	RPM
20:15	21:00	Everyone Active - Horfield, Bristol	RPM