



# GROUP EXERCISE TIMETABLE

## RELEASE 2

**PREMIUM MEMBERSHIP**  
£29.99 per month\*  
**PAY AS YOU GO**  
£4.80

\*includes all classes & gym

## OPENING TIMES

**EMPIRE GYM & EMPIRE HEAVEN**  
MON - FRI: 06:30 - 22:00  
SAT: 08:00 - 18:00  
SUN: 09:00 - 17:00

### MONDAY

9:30-10:15	● Xtreme Bootcamp	S1
9:30-10:30	● Forever Fit	S2
10:30-11:15	● Kettlebells	S2
10:30-11:30	● Xpress Yoga	S4
11:30-12:00	● Mindful Me	S4
12:15-13:00	● Keiser I.C.*	SP
16:15-17:00	● Forever Strong	S2
18:00-19:00	● Bodypump	S1
18:00-19:15	● Power Yoga	S4
18:15-19:00	● Pilates	S2
18:45-19:30	● VIBE Cycle*	SP
19:15-20:15	● Body Balance	S1
20:15-21:00	● Keiser I.C.*	SP

### TUESDAY

7:00-7:45	● Keiser I.C.*	SP
9:30-10:15	● LBT	S1
9:30-10:15	● GRIT	S2
10:15-11:00	● DDMIX	S1
10:15-11:00	● Kettlebells	S2
17:15-18:00	● Keiser I.C.*	SP
17:45-18:30	● LBT	S2
17:45-18:45	● Xpress Yoga	S4
18:00-18:45	● VIBE Step	S1
18:15-19:00	● Keiser I.C.*	SP
19:00-19:45	● Xpress Pump	S1
19:00-20:30	● Yoga	S4
19:15-20:00	● Kettlebells	S2
19:15-20:00	● VIBE Cycle*	SP
20:00-20:45	● Vi-Box	S1

### WEDNESDAY

6:45-7:30	● HIIT Workout	GF
9:30-10:15	● VIBE Step	S1
9:30-10:30	● Forever Strong	S2
9:30-10:15	● Keiser I.C.*	SP
10:30-11:15	● Pilates	S4
11:15-12:00	● Osteo Pilates	S4
18:00-18:45	● GRIT	S1
18:00-18:45	● LBT	S2
18:00-19:30	● Yoga	S4
18:00-18:45	● Keiser I.C.*	SP
18:45-19:30	● Xtreme Abs	S2
18:45-19:30	● Dancefit	S1
19:30-20:30	● Body Balance	S1
19:30-20:15	● Keiser I.C.*	SP

### THURSDAY

6:45-7:30	● Keiser I.C.*	SP
9:30-10:15	● Body Shock	S1
9:30-10:30	● Xpress Yoga	S4
10:30-11:15	● Kettlebells	S2
17:30-18:15	● Keiser I.C.*	SP
18:00-18:45	● Xtreme Bootcamp	S1
18:00-18:45	● Xpress Balance	S4
18:30-19:15	● Keiser I.C.*	SP
18:45-19:30	● Kettlebells	S2
19:00-20:00	● Body Pump	S1
19:00-20:30	● Yoga	S4
20:00-20:45	● Boxercise	S1

## AUTUMN 2018 CLASS TIMETABLE

Mon 5th Nov - Sun 16th Dec - Version 2



### FRIDAY

9:30-10:30	● Body Pump	S1
9:30-10:30	● Forever Fit	S2
10:45-11:00	● Abs	GF
12:15-13:00	● Keiser I.C.* & Abs	SP
17:30-18:15	● Keiser I.C.*	SP
18:30-19:15	● Xpress Pump	S1
19:30-20:30	● Body Balance	S1

### SATURDAY

8:15-9:00	● Keiser I.C.*	SP
8:15-9:00	● VIBE Step	S1
9:00-9:45	● GRIT	S1
9:00-10:00	● Body Balance	S4
10:00-10:30	● Mindful Me	S4
10:00-10:45	● Keiser I.C.*	SP
10:00-11:00	● Body Pump	S1

### SUNDAY

9:15-10:00	● Xpress Pump	S1
9:15-10:00	● Keiser I.C.*	SP
9:30-10:15	● GRIT	S2
10:30-11:00	● HIIT Workout	GF

- Cardio Range
- Themed Classes
- Strength & Toning
- Unwind & Re-energise
- Indoor Cycling

- S1** Studio 1
- S2** Studio 2
- S4** Studio 4

### Terms & Conditions:

Bookings for all classes can be made 7 days in advance either in person, by phone or online. Participants need to be 16+ yrs to attend. Junior members aged 14-16yrs please see the Junior Timetable. Please arrive 5-10 minutes prior to your class.

**Cancellations:** You are required to give at least 2 hours notice. Members can cancel online via the online booking system. Email & social media requests will not be accepted. Classes which are not cancelled will be charged, (full price for casual users & £3 for Premium Package users). Participants may book for a maximum of 2 people for any one class.

The timetable is correct at the time of printing, but maybe subject to change. Check online for details.

\*Arrive 5-10 minutes earlier for indoor cycling classes to allow for set up.