



GROUP EXERCISE TIMETABLE

**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

*Empire Heaven always has a qualified instructor available, just ask at Empire Reception.

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	● Fitback	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	● Body Tone	S2
9:30-10:15	● Keiser I.C.*	SP
10:30-11:15	● Circuits	S1
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
19:30-20:15	● VIBE Step	S1
19:30-20:30	● Body Balance	S4
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	● VIBE Cycle*	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 10th Sept - Sun 16th Dec



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
11:00-11:45	● VIBE Cycle*	SP

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

S1 Studio 1 **SP** Spin Studio
S2 Studio 2 **GF** Gym Floor
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.
 **Starts 13th October 2018.