

## MONDAY

07:00 - 07:45	Rig Circuit	<b>GF</b>
09:30 - 10:00	Rig Circuit	<b>GF</b>
09:30 - 10:15	Yogalates	<b>S4</b>
10:00 - 10:15	Express Core	<b>GF</b>
17:30 - 18:15	BodyPump	<b>S1</b>
18:30 - 19:15	Vibe Cycle	<b>SP</b>
18:45 - 19:45	BodyBalance	<b>S4</b>
19:30 - 20:15	Step Aerobics	<b>S1</b>
19:35 - 20:20	Keiser I.C	<b>SP</b>

## TUESDAY

07:00 - 07:45	Keiser I.C	<b>SP</b>
09:30 - 10:15	LBT	<b>S1</b>
17:25 - 18:10	Booty Bootcamp	<b>S2</b>
18:00 - 18:45	LBT	<b>S1</b>
18:15 - 18:45	Les Mills Sprint	<b>SP</b>
19:00 - 19:45	Zumba	<b>S1</b>
19:00 - 19:45	Kettlebells	<b>S2</b>

## WEDNESDAY

07:00 - 07:45	Rig Circuit	<b>GF</b>
09:30 - 10:15	Fit Steps	<b>S2</b>
10:15 - 11:15	BodyBalance	<b>S4</b>
10:30 - 11:15	Rig Circuit	<b>GF</b>
17:45 - 18:45	Yoga	<b>S4</b>
17:45 - 18:30	BodyPump	<b>S1</b>
18:15 - 19:00	Booty Bootcamp	<b>S2</b>
18:30 - 19:15	Keiser I.C	<b>SP</b>
18:40 - 19:25	Core	<b>S1</b>

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**SP** - Spin Studio      **S2** - Studio 2  
**S1** - Studio 1          **S4** - Studio 4  
**GF** - Gym Floor

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Tel. 024 7640 0500  
theempiregym.co.uk



## THURSDAY

07:00 - 07:45	Keiser I.C	<b>SP</b>
09:30 - 10:30	Yoga	<b>S4</b>
09:30 - 10:15	Kettlebells	<b>S2</b>
17:15 - 18:00	Kettlebells	<b>S2</b>
17:35 - 18:20	Keiser I.C	<b>SP</b>
18:15 - 19:00	Kettlebells	<b>S2</b>
18:30 - 19:15	Pilates	<b>S4</b>
18:30 - 19:30	Bootcamp	<b>S1</b>
19:45 - 20:30	BodyPump	<b>S1</b>

## FRIDAY

09:15 - 10:15	Forever Flex	<b>S4</b>
09:30 - 10:00	Rig Circuit	<b>GF</b>
10:00 - 10:15	Express Core	<b>GF</b>
18:00 - 19:00	BodyBalance	<b>S4</b>

## SATURDAY

08:15 - 09:00	Keiser I.C	<b>SP</b>
09:10 - 09:55	Rig Circuit	<b>GF</b>
09:55 - 10:10	Express Core	<b>GF</b>

## SUNDAY

09:15 - 10:00	Keiser I.C	<b>SP</b>
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The timetable is correct at the time of printing however, it is subject to change at short notice. Please check the website and social media for more information. Please ensure you clean all class equipment after use and bring your own mats where possible.

Cancellations must be made no later than 2 hours before the class start time. If you fail to attend you will incur a £3 penalty charge and blocked from online bookings until this has been paid.

**Book Your  
Classes Online!**



BOOK HERE