

## MORNINGS

### MONDAY

LES MILLS BODYPUMP

9:30AM – 10:15AM

LES MILLS BODYBALANCE

10:30AM – 11:30AM

### TUESDAY

METAFIT

9:30AM -10:00AM

SENIOR CITIZEN SILVER CIRCUIT

10:00AM – 10:45AM

### WEDNESDAY

LES MILLS SPRINT

12:15AM – 12:45MIDDAY

### THURSDAY

EMPIRE HIIT FUNCTIONAL HIIT CIRCUIT

9:30AM – 10:15AM

### FRIDAY

EMPIRE HIIT FUNCTIONAL HIIT CIRCUIT

9:30AM – 10:15AM

### SATURDAY

EMPIRE INDOOR CYCLE

9:30AM – 10:15AM

### SUNDAY

EMPIRE HIIT FUNCTIONAL HIIT CIRCUIT (EXTENDED WARM UP)

9:30AM – 10:15AM

(£6.00 50p TO SUE RYDER THORPE HALL HOSPICE)



NOW A MASSIVE 66 CLASSES A MONTH  
FREE WITH MEMBERSHIP!

INCLUDES 5 INDOOR CYCLING CLASSES EVERY WEEK!

CLASSES EVERY MORNING AND EVERY WEEKDAY EVENING!

NOW 5 GYM BASED EMPIRE HIIT CIRCUITS EVERY WEEK!

THE HOME OF FUNCTIONAL HIIT TRAINING

## EVENINGS

### MONDAY

LES MILLS SPRINT

6:00PM – 6:30PM



EMPIRE HIIT FUNCTIONAL HIIT CIRCUIT

6:35PM – 7:00PM

### TUESDAY

LES MILLS RPM

6:30PM – 7:15PM



BOXERCISE

7:45PM – 8:30PM

(EVERY OTHER WEEK)

### WEDNESDAY

METAFIT

6:30PM – 7:00PM

LES MILLS BODYBALANCE

7:20PM – 8:20PM

### THURSDAY

LES MILLS SPRINT

6:30PM – 7:00PM



LES MILLS BODYPUMP

7:30PM – 8:15PM

### FRIDAY

EMPIRE HIIT FUNCTIONAL HIIT CIRCUIT

6:15PM – 7:00PM



EMPIRE GYM

114 CHURCH STREET

MARKET DEEPING

PE6 8AL

CALL: 01778 344579 EMAIL: ENQUIRIES@EMPIREGYMS.COM

OPENING TIMES:

6AM – 9PM MONDAY TO THURSDAY

6AM – 8PM FRIDAY

8AM – 1PM SATURDAY AND SUNDAY