



# Empire Gym Class Timetable

6 CLASSES A WEEK FREE TO MEMBERS AND UNLIMITED GYM ACCESS

## MONDAYS

**Empire Indoor Cycling** - FREE to Members

6:15pm - 7pm

**The HIIT Box** - FREE to Members

7pm – 7:40pm

## TUESDAYS

**Silver Circuits**

10am - 11am

(£4 members, £5 non-members)

**Double Boxercise<sup>®</sup>** - FREE to Members

Session 1 - 6:15pm - 7pm

Session 2 - 7:15pm – 8pm

## WEDNESDAYS

**Metafit<sup>®</sup>** - FREE to Members

6:30pm – 7pm

## THURSDAYS

**Empire Indoor Cycling** - FREE to Members

7pm - 7:45pm

## SUNDAYS

**Empire Sunday Circuits**

9:30am - 10:30am

(£4 members, £5 non-members)