

NEW 2018 CLASS TIMETABLE

ALL CLASSES FREE TO MEMBERS UNLESS STATED.

£6 PER CLASS FOR NON-MEMBERS WITH 50p TO SUE RYDER THORPE HALL HOSPICE

54 CLASSES A MONTH FREE WITH MEMBERSHIP

MONDAY

- SCHOOL RUN LES MILLS BODYPUMP 9:30AM - 10:30AM
- LES MILLS SPRINT HIIT CYCLE 6PM - 6:30PM
- EMPIRE HALF HOUR HIIT 6:35PM - 7:05PM

TUESDAY

- METAFIT 9:30AM - 10AM
- EMPIRE SILVER CIRCUITS 10AM - 11AM
- LES MILLS RPM INDOOR CYCLE 6:15PM - 7PM
- CLUBBERCISE 7:30PM - 8:15PM

WEDNESDAY

- METAFIT 6:30PM - 7PM
- BOXERCISE 7:30PM - 8:30PM (1 WEEK IN 2)

THURSDAY

- EMPIRE SCHOOL RUN CIRCUITS 9:30AM - 10:15AM
- LES MILLS RPM INDOOR CYCLE 6:30PM - 7:15PM
- LES MILLS BODYPUMP 7:45PM - 8:30PM

FRIDAY

- LEGS BUMS & TUMS / FITNESS PILATES (WEEK ABOUT ROTATION) 2PM - 2:45PM
- EMPIRE HIIT GYM CIRCUITS 6:30PM - 7:15PM

SUNDAY

- SUNDAY GYM BASED EMPIRE HIIT CIRCUITS 9:30AM - 10:15AM
(£6.00. 50p to Sue Ryder)

Empire Gym, 114 Church Street, Market Deeping, Peterborough, PE6 8AL

Call: 01778 344579 - Web: www.empiregyms.com - Email: enquiries@empiregyms.com



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