



## Mondays:

- **Les Mills® 'SPRINT' with Pauline Davies**  6pm – 6:30pm (£6 per class including 50p to Sue Ryder Thorpe Hall)


## Tuesdays:

- **Empire Silver Circuits with Matt / Dave Weston**  
10am – 11am (£6 per class including 50p to Sue Ryder Thorpe Hall)
- **Les Mills® 'BODYPUMP' with Pauline Davies**  7pm – 8pm (£6 per class including 50p to Sue Ryder Thorpe Hall)

## Wednesdays:

- **Metafit® with Chris Shingles**  
6:30pm – 7pm (FREE TO MEMBERS - £6 for non-members; 50p to Thorpe Hall)
- **Boxercise® with Dave Weston / Empire Core Blast with Vicki Wagner (Week About)**  
7:15pm – 8pm (FREE TO MEMBERS - £6 for non-members; 50p to Thorpe Hall)

## Thursdays:

- **Les Mills® 'BODY COMBAT' with Pauline Davies**  6pm – 6:45pm (£6 per class including 50p to Sue Ryder Thorpe Hall)
- **Empire Indoor Cycling with Vicki Wagner**  
7pm – 7:45pm (FREE TO MEMBERS - £6 for non-members; 50p to Thorpe Hall)

## Fridays:

- **Empire Functional HIIT Circuit with Matt / Dave Weston**  
6:30pm – 7:15pm (FREE TO MEMBERS - £6 for non-members; 50p to Thorpe Hall)

## Sundays:

- **Empire Sunday Circuits with Matt Weston**  
9:30am – 10:30am (£6 per class including 50p to Sue Ryder Thorpe Hall)

### The Empire Gym Charity Promise

£6 Pay As You Go with 50p to Sue Ryder Thorpe Hall Hospice from every class payment

For Empire members  
AND non-members

16 FREE classes a month  
for Members



Empire is the only gym in greater Peterborough with the New Les Mills 'SPRINT' indoor cycling HIIT class