

2019 Class Timetable

MONDAYS:

9:30AM – 10:15AM BODYPUMP
10:30AM – 11:30AM BODYBALANCE

6PM – 6:30PM – LES MILLS SPRINT INDOOR CYCLE
6:35PM – 7PM – EMPIRE HIIT CIRCUITS

TUESDAYS:

9:30AM – 10AM – METAFIT
10AM – 10:45AM – SILVER CIRCUITS

6:30PM – 7:15PM – LES MILLS RPM INDOOR CYCLE
7:45PM – 8:30PM – BOXERCISE / 7:45 – 8:15 HIITSTEP
(Week Rotation)

68 CLASSES A MONTH FREE WITH MEMBERSHIP

WEDNESDAYS:

12:15PM – 12:45PM – LES MILLS SPRINT INDOOR CYCLE

6:30PM – 7PM - METAFIT
7:20PM – 8:20PM – LES MILLS BODYBALANCE

SUNDAYS:

9:30AM – 10:15AM – EMPIRE HIIT CIRCUITS

SATURDAYS:

8:30AM – 9AM - HIITSTEP

FRIDAYS:

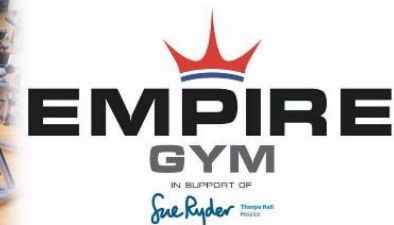
9:30AM – 10:00AM – EMPIRE HIIT CIRCUITS

6:15PM – 7PM – EMPIRE HIIT CIRCUITS

THURSDAYS:

9:30AM – 10:00AM – EMPIRE HIIT CIRCUITS

6:30PM – 7PM – LES MILLS SPRINT INDOOR CYCLE
7:30PM – 8:15PM – LES MILLS BODYPUMP



EMPIRE HIIT
Gym Based Functional HIIT & Circuit Training

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LES MILLS
BODYBALANCE

LES MILLS
sprint

LES MILLS
RPM

LES MILLS
BODYPUMP

BOXERCISE

HIITSTEP

metafit
HIIT TRAINING

OPENING TIMES

6AM – 9PM MONDAY – THURSDAY

6AM – 8PM FRIDAY

8AM – 1PM SATURDAY AND SUNDAY