

EMPIRE GYM
114 CHURCH STREET
MARKET DEEPING
PETERBOROUGH
PE6 8AL

Call: 01778 344579
Instagram & Facebook
@officialempiregym

Email: enquiries@empiregyms.com

If you are on the Empire Gym membership system, download the 'Clublink' app to book classes up to 6 days in advance!

Clublink App Logo



108 CLASSES A MONTH!

All classes are included with membership at no extra cost!

MONDAYS

LES MILLS RPM CYCLE 9:30AM – 10:15AM (F)
FUNCTIONAL CIRCUIT 9:30AM – 10:15AM (G)
LES MILLS BODYPUMP 10:30AM – 11:15AM (F)
LES MILLS RPM CYCLE 5:30PM – 6:15PM (F)
HYROX WOD 5:30PM – 6:15PM (G)
LES MILLS BODYPUMP 6:30PM – 7:15PM (F)
LES MILLS BODYBALANCE 7:30PM – 8:15PM (F)

TUESDAYS

FUNCTIONAL CIRCUIT 9:30AM – 10:15AM (G)
SENIOR CIRCUIT 11AM – 12-MIDDAY (G/F)
LES MILLS BODYPUMP 5:30PM – 6:15PM (F)
LES MILLS SPRINT CYCLE 6:30PM – 7PM (F)
BOXERCISE 7:15PM – 8PM (F)

WEDNESDAYS

BOXERCISE 9:30AM – 10:15AM (F)
HYROX WOD 9:30AM – 10:15AM (G)
FUNCTIONAL CIRCUIT 5:30PM – 6:15PM (G)
LES MILLS BODYBALANCE 5:45PM – 6:30PM (F)
INDOOR CYCLING 6:45PM – 7:30PM (F)

THURSDAYS

FUNCTIONAL CIRCUIT 9:30AM – 10:15AM (G)
BOXERCISE 5:45PM – 6:30PM (F)
LES MILLS SPRINT CYCLE 6:45PM – 7:15PM (F)
CORE 7PM – 7:45PM (G)
LES MILLS BODYPUMP 7:30PM – 8:15PM (F)

FRIDAYS

LES MILLS RPM CYCLE 9:30AM – 10:15AM (F)
FUNCTIONAL CIRCUIT 9:30AM – 10:15AM (G)
HYROX WOD 6:30PM 7:15PM (G)

SATURDAYS

INDOOR CYCLE 9:30AM – 10:15AM (F)

SUNDAYS

FUNCTIONAL CIRCUIT 9:30AM – 10:15AM (G)

Empire Gym Members get UNLIMITED class booking opportunities with membership alongside unlimited gym use during opening hours.

Non-Members are also welcome to book and take part in Empire Gym classes and can also download the Clublink app. Simply come to reception and register on our system with no obligation. Non-members pay £10 per class or £10 for a gym visit.

**EMPIRE
GYM**

OFFICIAL

HYROX GYM

CLASS LOCATION:

(G) = GROUND FLOOR GYM

(F) = FIRST FLOOR CLASS SPACE