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



4 (•) = } CLASSES A MONTH!

All classes are included with membership at no extra cost!

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

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

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

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

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

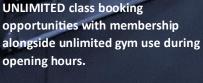
INDOOR CYCLE 9:30AM - 10:15AM

FUINCTIONAL CIRCUIT 9:30AM - 10:15AM (G)



OFFICIAL YROXGYM

CLASS LOCATION: (G) = GROUND FLOOR GYM (F) = FIRST FLOOR CLASS SPACE



Empire Gym Members get

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.