

# EMPIRE

GYM & HYBRID TRAINING

'FOR EVERYONE'

## CLASS TIMETABLE

### Mondays:

6:15AM – 7AM – HYROX ENGINE

9:30AM – 10:15AM STUDIO BARBELL

5:30PM – 6:30PM – HYROX COMPLETE

6:45PM – 7:30PM – INDOOR CYCLE

### Tuesdays:

9:30AM – 10:30AM – HYROX ENGINE

11AM – 12 MIDDAY – SENIOR CITIZENS FUNCTIONAL CIRCUIT

6PM – 6:45PM – BOXERCISE

7PM – 7:45PM – INDOOR CYCLE

### Wednesdays:

6:15AM – 7AM – HYROX POWER

9:30AM – 10:30AM – BOX & ROX

6PM – 6:45PM – STUDIO BARBELL

7PM – 7:45PM – INDOOR CYCLE

### Thursdays:

9:30AM – 10:30AM – HYROX COMPLETE

5:30PM – 6:15PM – BODYWEIGHT AMRAP

6:30PM – 7:15PM – BOXERCISE

7:30PM – 8:15PM – CORE

### Fridays:

9:30AM – 10:30AM – FUNCTIONAL CIRCUIT

11AM – 12 MIDDAY – SENIOR CITIZENS FUNCTIONAL CIRCUIT

6PM – 7PM – HYROX ENGINE

### Saturdays:

9:30AM – 10:15AM – INDOOR CYCLE

### Sundays:

9:30AM – 10:30AM – FUNCTIONAL CIRCUIT

ALL CLASSES INCLUDED IN  
MONTHLY MEMBERSHIP

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BOOK 6-DAYS IN ADVANCE WITH  
THE 'CLUBLINK' APP

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11 DIFFERENT TYPES OF CLASS  
OVER 80 CLASSES A MONTH

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HYROX ENGINE

HYROX POWER

HYROX COMPLETE

FUNCTIONAL CIRCUIT

SENIOR CITIZENS FUNCTIONAL  
CIRCUIT

STUDIO BARBELL

BOXERCISE

BOX & ROX

CORE

BODYWEIGHT AMRAP

INDOOR CYCLE

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OFFICIAL, AFFILIATED HYROX  
TRAINING CLUB

OFFICIAL  
HYROX GYM