



SUMMER CLASS TIMETABLE

(JULY / AUGUST / SEPTEMBER 2025)

CLASS DESCRIPTIONS

HYBRID CIRCUIT

HYBRID TRAINING IS THE COMBINATION AND AMALGAMATION OF CARDIOVASCULAR EXERCISE AND STRENGTH TRAINING. IN THIS CLASS, WE USE THE EMPIRE GYM SPACE AND ITS HYBRID AND STRENGTH EQUIPMENT IN A CIRCUIT FORMAT TO BRING YOU A STATE-OF-THE-ART TRAINING SESSION THAT FITS THE MODERN DEMAND FOR ALL THINGS HYBRID. EXPECT SUCH THINGS AS SKI ERGS, ROW ERGS, BIKE ERGS, CURVE RUNNERS, BARBELLS, DUMBBELLS SLEDS, KETTLEBELLS AND MORE.

HYROX CIRCUIT

EMPIRE IS AN AFFILIATED HYROX TRAINING CLUB. OUR HYROX CIRCUIT CLASS TAKES ON THE SAME PRINCIPLES OF THE HYBRID CIRCUIT, WITH HYBRID TRAINING AT ITS CORE, BUT THIS CLASS WILL ALWAYS FOCUS ON HYROX SPECIFIC MOVEMENTS, OR MOVEMENTS AND DISCIPLINES THAT ARE DESIGNED TO IMPROVE OR COMPLEMENT YOUR HYROX PERFORMANCE. WHETHER YOU RUN HYROX RACES OR SIMPLY LOVE THE CLASS, ALL ARE WELCOME. MANY EMPIRE MEMBERS HAVE ALREADY AND GONE ON TO COMPETE IN HYROX RACES ACROSS THE COUNTRY AND THE WORLD! EMPIRE REGULARLY STAGES ITS OWN 'EMPIRE HALF-ROX' HYROX SIMULATIONS.

EMPIRE HYBRID GAMES TRAINING WOD

THE 'EMPIRE HYBRID GAMES' IS AN EVENT DESIGNED AND CREATED BY US HERE AT EMPIRE GYM & HYBRID TRAINING. THIS CLASS IS DESIGNED TO PREPARE PEOPLE FOR THE MOVEMENTS AND DISCIPLINES INVOLVED IN THE EVENT. (SEE EMPIRE HYBRID GAMES INFO ON OUR SOCIAL MEDIA) THE CLASS IS OF COURSE OPEN TO ANYONE AS A SUPERB HYBRID TRAINING CLASS IN ITS OWN RIGHT, WHETHER YOU ARE PREPPING FOR THE GAMES OR NOT. THIS CLASS TYPICALLY TAKES A CIRCUIT STYLE FORMAT.

HYBRID A.M.R.A.P

THIS CLASS LITERALLY BRINGS A CHANGE OF PACE TO THE HYBRID FORMAT. AN AMRAP (AS MANY REPS/ROUNDS AS POSSIBLE) WILL SEE YOU WORKING NON-STOP FOR 5 OR 6 MINUTE ROUNDS AT MAXIMUM CAPACITY, WITH 5 OR 6 MINUTES OFF FOR 5 OR 6 ROUNDS. SUPER HIGH INTENSITY WORK. AS CLOSE AS YOU ARE LIKELY TO GET TO VO2 MAX STYLE TRAINING HERE AT EMPIRE. IT'S TOUGH, BUT A GREAT VIBE WITH INCREDIBLE CAMARADERIE WITH PEOPLE WORKING ONE ON ONE OFF IN PAIRS. EXPECT BURPEES, AIR BIKES, BOX JUMPS, ERGS AND MORE.

ERG ENGINE

LOOKING FOR A CARDIO CLASS? THIS IS IT. ERGS ONLY. BIKES, SKIS, ROWERS, CURVE RUNNERS, AIR BIKES. BUILDING YOUR CARDIOVASCULAR ENGINE USING A VARIED SELECTION OF FORMATS. CIRCUITS, AMRAPS AND MORE. IMPROVING YOUR AEROBIC CAPACITY AND ENDURANCE IN HIGH INTENSITY AND/OR LONG STEADY STATE INTERVALS.

FUNCTIONAL CIRCUIT

FUNCTIONAL TRAINING, SUBTLY DIFFERENT TO HYBRID TRAINING LOOKS TO WORK WITH MOVEMENTS THAT IMPROVE YOUR FITNESS AND CAPABILITY IN DAILY LIFE TASKS AND MOVEMENTS. THINK LUNGING, SQUATTING, TWISTING, THROWING, PRESSING, BATTLE ROPES, KETTLEBELLS, CORE AND FLOOR WORK. IT WILL ALSO INCLUDE CARDIOVASCULAR ERGS. DONE IN A CIRCUIT FORMAT.

SENIOR CITIZENS CIRCUIT

MUCH THE SAME AS THE FUNCTIONAL CIRCUIT, SET AT A SUITABLE BUT CHALLENGING LEVEL AND PACE. A VIBRANT GROUP. EXERCISE AND SOCIAL CONNECTION ALL IN ONE. A GREAT UPBEAT ATMOSPHERE AND SENSE OF COMMUNITY TO THIS ONE

STUDIO BARBELL

USING ONLY STUDIO BARBELLS, WE WORK THROUGH AS MANY BARBELL MOVEMENTS AS POSSIBLE, TARGETING ALL UPPER AND LOWER BODY MUSCLE GROUPS. WE WILL SOMETIMES ALSO USE BOXES AND BODYWEIGHT MOVEMENTS IN EITHER A SUBDIVIDED BLOCK BY BLOCK MOVEMENT FORMAT OR IN A STUDIO BARBELL CIRCUIT. TYPICALLY, PEOPLE WORK IN PAIRS. DON'T BE FOOLED, THIS ONE WILL LEAVE YOU ACHING FOR DAYS!

PLYO BOX & BODYWEIGHT WOD

USING WOODEN 'PLYO BOXES' WE USE ONLY OUR BODIES TO JUMP, LAND, STEP & CLIMB. WE WILL ALSO INCORPORATE BODYWEIGHT AND FLOOR MOVEMENT. THINK BOX STEP UP, JUMPING SQUATS, SPLIT JUMPS, ROCKET JUMPS, MOUNTAIN CLIMBERS, PRESS UPS BURPEES... 'PLYO' IS DERIVED FROM THE WORD PLYOMETRIC, WHICH MEANS WORK THAT REPEATEDLY STRETCHES AND SHORTENS THE MUSCLE TO IMPROVE MUSCLE POWER, STRENGTH AND SPEED.

WEIGHTS AND MACHINES CIRCUIT

EMPIRE IS UNIQUE, WE HAVE A SUPERB HYBRID/FUNCTIONAL SPACE BUT WE ARE ALSO A TRADITIONAL GYM WITH MACHINES! WE USE THIS OPPORTUNITY IN THIS CLASS TO CHANGE THE PACE WITH HYBRID STRATEGIES ALONG SIDE TRADITIONAL GYM MACHINE MOVEMENTS. THINK BARBELL SQUATS ALONG SIDE LEG PRESSES, DUMBBELL PRESSES AND ROWS ALONG SIDE SEATED CHEST/SHOULDER PRESSES AND LOW ROW MACHINES, THINK BUMPER PLATE GROUND TO OVERHEADS ALONGSIDE HYPER EXTENSION MACHINES... THE TRUE ROUNDED GYM EXPERIENCE IN A CIRCUIT FORMAT.

BOXERCISE

A CLASSIC! WITH AN ACCREDITED BOXERCISE INSTRUCTOR, PUNCHES, JABS, HOOKS, UPPERCUTS, BODY SHOTS, ALONG SIDE, SQUATS, LUNGES, SPRINTS AND MORE IN THIS HIGH PACED BUT THOROUGHLY ENJOYABLE CLASS.

BOXING AND CORE CIRCUIT

THINK 50% BOXERCISE, 50% CORE CLASS!
BOXING MOVEMENTS ALONGSIDE CORE MOVEMENTS LIKE SIT-UPS, CRUNCHES, TWISTS, LEG RAISES, MOUNTAIN CLIMBERS AND MORE.

