



# Winter Class Timetable

All classes included in membership

Pay-per-class for £10

Book up to 6 days in advance

## Tuesday

9:30am – 10:15am: ERG ENGINE

11am – Midday: SENIOR CIRCUIT

6pm – 7pm: BOXING AND CORE CIRCUIT

## Thursday

6:15am – 7am: HYBRID CIRCUIT

9:30am – 10:15am: HYBRID CIRCUIT

6pm – 7pm: WEIGHTS & MACHINES CIRCUIT

## Sunday

9:30am – 10:30am: HYBRID CIRCUIT

## Monday

6:15am – 7am: HYBRID CIRCUIT

9:30am – 10:15am: EMPIRE BARBELL

6pm – 7pm: AMRAP or EMOM

## Wednesday

9:30am – 10:15am: WEIGHTS & MACHINES CIRCUIT

6pm – 7pm: EMPIRE BARBELL

## Friday

9:30am – 10:15am: FUNCTIONAL & CORE CIRCUIT

11am – Midday: SENIOR CIRCUIT

6pm – 7pm: HYBRID CIRCUIT

**EMPIRE**  
GYM & HYBRID TRAINING  
'FOR EVERYONE'