



EMPIRE *ERG SPACE*

CLASS TIMETABLE

CLASS DESCRIPTIONS

HYBRID CIRCUIT

AS AN AFFILIATED HYROX TRAINING CLUB, THIS IS YOUR GO TO FOR HYROX TRAINING. 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.

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, AND FLOOR WORK. IT WILL ALSO INCLUDE CARDIOVASCULAR ERGS. DONE IN A CIRCUIT FORMAT.

SENIOR 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 STUDIO BARBELLS, WE WORK THROUGH AS MANY BARBELL MOVEMENTS AS POSSIBLE, TARGETING ALL MUSCLE GROUPS. WE ALSO ADD THE USE OF PLYO BOXES FOR STEPPING AND JUMPING. THE FORMAT WILL BE, EITHER A SUBDIVIDED BLOCK BY BLOCK MOVEMENT FORMAT OR A CIRCUIT. TYPICALLY, PEOPLE WORK IN PAIRS. RUGGED AND TOUGH. THIS ONE WILL LEAVE YOU ACHING FOR DAYS!

BOXERCISE

BOXING MOVEMENTS IN A CIRCUIT FORMAT IN PAIRS. TECHNIQUE IS TAUGHT. WORKING IN PAIRS. A VIBRANT HIGH INTENSITY AND FUN CLASS GUARANTEED TO RAISE YOUR HEART RATE.

CORE

BACK AS A REAL FAVOURITE FOR SATURDAY MORNINGS!
5 ROUNDS, SPLIT INTO BLOCKS OF INTERVALS OF ONE OR TWO CORE DISCIPLINES. THINK PLANKS, CRUNCHES, LEG RAISES. MYRIAD DIFFERENT CORE AND AB MOVEMENTS TO ENSURE YOU'LL FEEL YOUR ABS, OBLIQUES AND ALL CORE MUSCLES ACHING FOR DAYS.
A SUPERB SUPPLEMENTARY CLASS ALONGSIDE YOUR HIGH INTENSITY AND STRENGTH FAVOURITES.

ALL FREE WITH MEMBERSHIP!

£10 PER CLASS FOR NON-MEMBERS

