

## INDOOR CYCLING

Members can now book online! <https://indma02.clubwise.com/emperorsgym>

TIME	MON	TUE	WED	THU	FRI	SAT
6:30AM		Indoor Cycling with Julia 6.30am-7am				
6:45AM						
7:00AM				Indoor Cycling with Julia 7am-7:30am		
7:15AM						
10:30AM						Indoor Cycling with Julia 10:30am-11:15am
10:45AM						
11:00AM						
5:30PM	Indoor Cycling with Julia 5:30pm-6:00pm					
5:45PM						
6:00PM		Indoor Cycling with Julia 6:00pm-6:45pm	Indoor Cycling with Julia 6pm-6.30pm			
6:15PM						
6:30PM	Indoor Cycling with Emma 6.30pm-7.15pm				Indoor Cycling with Emma 6.30pm-7.15pm	
6:45PM				Indoor Cycling with Julia 6:45pm-7:30pm		
7:00PM						
7:15PM						
7:30PM			Indoor Cycling with Andy 7.30pm-8.15pm			
7:45PM						
8:00PM						

## YOGA

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TIME	MON	TUE	WED	THU	FRI	SAT
6:15AM					Yoga with Julia 6:15am-7am	
6:30AM						
6:45AM						
7:00AM	Yoga with Julia 7am-7:30am					
7:15AM						
5:30PM			Runners & Cyclists Yoga with Laura 5.30pm-6pm			
5:45PM						
6:00PM			Pilates with Graham 6.05pm-7pm			
6:30PM	Beginners Yoga with Laura 6.30pm-7.25pm				Beginners Yoga with Julia 6.30pm-7.30pm	
7:00PM						
7:30PM	Astanga/Vinyasa Yoga with Laura 7.30pm - 9pm		Vinyasa Yoga with Laura 7.05pm - 8.30pm			
8:00PM						
8:30PM						

NON MEMBER PRICES // CLASSES: £3 30 min class | £4 45 min class | £5 60 min class // YOGA CLASSES: £4 30 min class | £5 60 min class | £6 90 min class

# AEROBICS

Members can now book online! <https://indma02.clubwise.com/emperorsgym>

TIME	MON	TUE	WED	THU	FRI	SAT
6:15AM						
6:30AM	Fat Burn with Julia 6.30am-7am		Bootcamp with Julia 6.30am-7am	Body Blast with Julia 6.30am-7am		
6:45AM						
7:00AM		Circuits with Julia 7am-7.30am				
7:15AM						
TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM						Total Tone with Julia 9.30am-10.30am
9:45AM						
10:00AM						
10:15AM						
TIME	MON	TUE	WED	THU	FRI	SAT
5:00PM	Kettlebell Blast with Julia 5pm-5.30pm	HIIT Intervals with Gavin 5pm-5:55pm				
5:15PM						
5:30PM	Legs, Bums & Tums with Laura 5.30pm-6pm		Body Blast with Julia 5.30pm-6pm		Insanity with Emma 5.30pm-6.30pm	
5:45PM				Circuits with Julia 5:30pm-6:15pm		
6:00PM	Abs & Back with Laura 6pm-6.25pm	Full Body Workout with Lesley 6pm-7pm	Step with Laura 6pm-7pm			
6:15PM						
6:30PM	Burn and Tone with Caroline 6.30pm-7.30pm			Total Body Workout with Julia 6.15pm-6:45pm		
6:45PM						
7:00PM		Fat Burn with Lesley 7pm-7.30pm	Total Tone with Julia 7pm-7:45pm			
7:15PM						
7:30PM	Box-Fit with Chris 7.30pm-8.30pm	Zumba with Emily 7.30pm-8.30pm				
7:45PM						
8:00PM						
8:15PM						

NON MEMBER PRICES // CLASSES: £3 30 min class | £4 45 min class | £5 60 min class // YOGA CLASSES: £4 30 min class | £5 60 min class | £6 90 min class