

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 Ash	Indoor Cycling with Julia 6:00pm-6:45pm	Indoor Cycling with Julia 6pm-6.30pm			
6:15PM						
6:30PM	6:00pm – 6:45pm		Indoor Cycling With Hannah - 6:35pm-7:20pm	Indoor Cycling with Julia 6:45pm-7:30pm	Indoor Cycling with Liam 6.00pm-6:45pm	
6:45PM						
7:00PM						
7:15PM						
7:30PM						
7:45PM						
8:00PM						

YOGA

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TIME	MON	TUE	WED	THU	FRI	SAT
6:15AM	Meditation with Julia 7am-7:30am					
6:30AM						
6:45AM						
7:00AM						
7:15AM						
5:30PM	Beginners Yoga with Laura 6.30pm-7.25pm		Beginners Yoga with Laura 5.30pm-6pm			
5:45PM						
6:00PM	Astanga/Vinyasa Yoga with Laura					
6:30PM	7.30pm - 9pm				Beginners Yoga with Julia 6.30pm-7.30pm	
7:00PM			Vinyasa Yoga with Laura 7.05pm - 8.30pm			
7:30PM						
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 | £7 90 min class

AEROBICS

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TIME	MON	TUE	WED	THU	FRI	SAT
6:15AM	Fat Burn with Julia 6.30am-7am					
6:30AM			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					Zumba with Emily 9.30am-10.30am	Total Tone with Julia 9.30am-10.30am
9:45AM						
10:00AM	Kettlebell Blast with Julia 5pm-5.30pm					
10:15AM						

TIME	MON	TUE	WED	THU	FRI	SAT
5:00PM						
5:15PM						
5:30PM	Legs, Bums & Tums with Laura 5.30pm-6pm	HIIT with Georgia 5:30-6PM	Body Blast with Julia 5.30pm-6pm		HIIT with Liam 5.15pm-6.00pm	
5:45PM						
6:00PM	Abs & Back with Laura 6pm-6.25pm	Full Body Workout with Xavier 6pm-7pm	Step with Laura 6pm-7pm	Circuits with Julia 5:30pm-6:15pm		
6:15PM						
6:30PM	HIIT with Xavier 6.30-7pm			Total Body Workout with Julia 6.15pm-6:45pm		
6:45PM						
7:00PM	Pad fit with Sara 7pm- 7.30pm	Fat Burn with Xavier 7pm-7.30pm	Total Tone with Julia 7pm-7:45pm			
7:15PM						
7:30PM		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