

**INDOOR CYCLING**

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

TIME	MON	TUE	WED	THU	FRI	SAT
6:30AM		Indoor Cycling with Kim 6.30am - 7am				
6:45AM						
7:00AM				Indoor Cycling with Kim 7am - 7:30am		
7:15AM						
10:30AM						
10:45AM						
11:00AM						
5:30PM	Indoor Cycling with Kim 5:30pm - 6pm		Virtual Cycling 5pm - 6:15pm	Virtual Cycling 5:30pm - 6:45pm		
5:45PM						
6:00PM		Indoor Cycling with Liam 6pm - 6:45pm	Indoor Cycling with Kim 6:15pm - 7pm	Indoor Cycling with Ash 6:45pm - 7:30pm	Virtual Cycling 6pm - 7:30pm	
6:15PM	Indoor Cycling with Ash 6:15pm - 7pm					
6:30PM						
6:45PM						
7:00PM						
7:15PM						
7:30PM						
7:45PM						
8:00PM						

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

TIME	MON	TUE	WED	THU	FRI	SAT
6:15AM						
6:30AM						
6:45AM						
7:00AM						
7:15AM						
5:30PM						
5:45PM						
6:00PM			Level 1 Yoga with Laura 6pm - 7pm		Broga with Tom 6pm - 7pm	
6:30PM	Level 1/2 Yoga with Laura 6:30pm - 7:25pm					
7:00PM			Level 2/3 Yoga with Laura 7:05pm - 8:30pm			
7:30PM	Level 2/3 Yoga with Laura 7:30pm - 9pm					
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**

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

TIME	MON	TUE	WED	THU	FRI	SAT
6:15AM						
6:30AM	Strength and Tone with Kim 6.30am - 7am		Agility/flexibility with Sara 6.30am - 7:15am	Body Blast with Kim 6.30am - 7am		
6:45AM						
7:00AM		Circuits with Kim 7am - 7.30am				
7:15AM						

TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM					Zumba with Emily 9.30am - 10.30am	Hiit with Tom/Xavi 9.30am - 10am
9:45AM						
10:00AM						Functional mobility and core stability with Tom / Xavi 10am - 11am
10:15AM						

TIME	MON	TUE	WED	THU	FRI	SAT
5:00PM						
5:15PM					HIIT with Liam 5:15pm - 6pm	
5:30PM	Legs, Bums & Tums with Laura 5:30pm - 6pm	HIIT with Georgia 5:30pm - 6pm	Body Blast with Xavi 5:30pm - 5:55pm	Circuits with Harry 5:30pm - 6:15pm		
5:45PM						
6:00PM	Abs & Back with Laura 6pm - 6:25pm	Full Body Workout with Xavi 6:15pm - 6:55pm	Pad fit with Liam 6pm - 6:45pm	Total Body Workout with Harry 6:30pm - 7:15pm		
6:15PM						
6:30PM	HIIT with Xavier 6:30pm - 7:05pm	Legs bums and tums with Xavi 7pm - 7:25pm	Total Tone with Xavi 7pm - 7:45pm			
6:45PM						
7:00PM	Pad fit with Sara 7:15pm - 8pm	Zumba with Emily 7:30pm - 8:30pm				
7:15PM						
7:30PM						
7:45PM						
8:00PM						
8:15PM						