

INDOOR CYCLING

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

TIME	MON	TUE	WED	THU	FRI	SAT
6:30AM		Indoor Cycling with Sarah 6.30am-7am				
6:45AM						
7:00AM				Indoor Cycling with Sarah 7am-7:30am		
7:15AM						
1:00PM						Indoor Cycling with Nathan 1pm-1.45pm
1:15PM						
1:45PM						
5:45PM	Indoor Cycling with Sarah 5:45pm-6:15pm					
6:00PM		Indoor Cycling with Jack 6pm-6.30pm	Indoor Cycling with Michael 6pm-6.30pm	Indoor Cycling with Emma 6pm-6.45pm	Indoor Cycling with Michael 5:55-6:25	
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 Jack 6:45pm-7:15pm		Indoor Cycling with Michael 6:45pm-7:15pm		
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
5:00PM					Pilates with Natalie 5pm-6pm	
5:15PM						
5:30PM			Runners & Cyclists Yoga with Laura 5.30pm-6pm			
5:45PM						
6:00PM						
6:15PM			Pilates with Graham 6.05pm-7pm			
6:30PM	Beginners Yoga with Laura 6.30pm-7.25pm				Beginners Yoga with Julia 6.30pm-7.30pm	
6:45PM						
7:00PM						
7:15PM						
7:30PM	Astanga/Vinyasa Yoga with Laura 7.30pm - 9pm		Vinyasa Yoga with Laura 7.05pm - 8.30pm			
7:45PM						
8:00PM						
8:15PM						
8:30PM						
8:45PM						

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

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TIME	MON	TUE	WED	THU	FRI	SAT
6:30AM	Fat Burn with Sarah 6.30am-7am		Bootcamp with Sarah 6.30am-7am	Kettlebell Blast with Sarah 6.30am-7am		
6:45AM						
7:00AM		Circuits with Sarah 7am-7.30am				
7:15AM						

TIME	MON	TUE	WED	THU	FRI	SAT
9:30AM						Total Tone with Anika 9.30am-10.30am
9:45AM						
10:00AM						
10:15AM						

TIME	MON	TUE	WED	THU	FRI	SAT
5:00PM	Kettlebell Blast with Sarah 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 Sarah 5.30pm-6pm		Insanity with Emma 5.30pm-6.30pm	
5:45PM						Circuits with Michael 5:45pm-6:15pm
6:00PM	Abs & Back with Laura 6pm-6.25pm	Full Body Workout with Lesley 6pm-7pm	Step with Laura 6pm-7pm	Total Body Workout with Michael 6.15pm-6:45pm		
6:15PM						
6:30PM	Burn and Tone with Selina 6.30pm-7.30pm		Fat Burn with Lesley 7pm-7.30pm	Total Tone with Anika 7pm-7:45pm		
6:45PM					Intense Intervals with Emma 7pm-7.30pm	
7:00PM			Zumba with Emily 7.30pm-8.30pm			
7:15PM				Insanity Mania with Emma 7.30pm-8pm		
7:30PM	Boxing with Michael 7.30pm-8.30pm					
7:45PM						
8:00PM						
8:15PM						

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