

emperors

MEMBERS / NON MEMBERS

MONDAY

Legs Bums & Tums	17.30 – 18.00	FREE / £2.50
Pure Abdominals	18.00 – 18.25	FREE / £2.50
Legs Bums & Tums	18.30 – 19.25	FREE / £3.50
Fitness kick boxing	19.30 – 20.15	FREE / £3.50
Fitness yoga	20.20 – 21.15	FREE / £3.50

TUESDAY

Beginners Group Cycling (Upstairs)	17.30 – 18.00	FREE / £3
Group Cycling (Upstairs)	18.00 – 18.45	FREE / £3.50
Total Body Workout	18.00 – 19.00	FREE / £3.50
Beginners Zumba	19.00 – 19.30	FREE / £2.50
Zumba	19.30 – 20.30	FREE / £4.00

WEDNESDAY

Total body conditioning	12.15 – 12.45	FREE / £3
Legs Bums & Tums	17.30 – 18.00	FREE / £2.50
Step	18.00 – 18.55	FREE / £3.50
Advanced Group Cycling (Upstairs)	18.00 – 19.00	FREE / £3.50
Abs & Back	19.00 – 19.25	FREE / £2.50
Total body conditioning	19.30 – 20.25	FREE / £3.50
Dynamic Yoga	20.30 – 21.30.	FREE / £3.50

THURSDAY

Beginners Group Cycling (Upstairs)	17.30 – 18.00	FREE / £3
Group Cycling (Upstairs)	18.00 – 18.45	FREE / £3.50
Aerobics	18.00 – 19.00	FREE / £3.50

FRIDAY

Cicuits	18.00 – 19.00	FREE / £3.50
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SATURDAY

Zumba	13.00 – 14.00	£3.50 / £3.50
Group Cycling (Upstairs)	13.00 – 13.45	FREE / £3.50

SUNDAY

Please book your classes at reception, you can do this in person or over the telephone. Please note class time and prices may change. For an up-to-date class schedule please enquire within.