

CLASSES @ emperors

All classes are inclusive to members apart from the boxing class that is £3 to members and £4 to non-members. Classes for non-members see prices on the right. Please book your classes at reception

MONDAY

Water Aerobics	10.00 - 10.30	£2.50
Spinning	12.15 - 12.45	£3
Legs Bums & Tums	17.25 - 17.55	£1.50
Abs & Back	17.55 - 18.20	£1.50
Legs Bums & Tums	18.20 - 19.10	£3
Fitness kick boxing	19.15 - 20.00	£3
Chi yoga	20.00 - 21.00	£3

TUESDAY

Circuit training	12.15 - 12.45	£3
Beginners spinning	17.30 - 18.00	£3
Spinning	18.00 - 18.45	£3
Boxing	19.00 - 20.00	£3 / £4

WEDNESDAY

Water Aerobics	10.00 - 10.30	£2.50
Total body conditioning	12.15 - 12.45	£3
Legs Bums & Tums	17.25 - 17.55	£1.50
Step	18.00 - 19.00	£3
Abs & Back	19.00 - 19.25	£1.50
Total body conditioning	19.30 - 20.15	£3
Yoga for beginners	20.15 - 21.00	£3.50

THURSDAY

Abs	12.15 - 12.45	£3
Beginners spinning	17.30 - 18.00	£3
Spinning	18.00 - 18.45	£3
Circuit Boxing	19.00 - 20.00	£3

FRIDAY

Water Aerobics	10.00 - 10.30	£2.50
Fit ball	12.15 - 12.45	£3
Spinning	18.00 - 18.45	£3

SATURDAY

Spinning	12.30 - 13.15	£3
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OPENING TIMES

MON-THUR 06:30-22:00 FRI 06:30-21:00

SAT 07:00-19:30 SUN 07:30-16:00