

INDOOR CYCLING

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

TIME	MON	TUE	WED	THU	FRI	SAT
06:30		Indoor Cycling with Kim - 6.30am-7:00am				
06:45						
07:00				Indoor Cycling with Kim - 7:00am-7:30am		
07:15						
10:30						
10:45						
11:00						
11:15						
11:30						
17:30			Indoor Cycling With Kim - 17:30-18:15			
17:45	Indoor cycling with Emma - 17:45-18:30					
18:00						
18:15						
18:30						
18:45	Indoor Cycling with Kim - 18:45-19:15			Indoor Cycling with Ash - 18:45-19:30		
19:00						
19:15						
19:30						
19:45						
20:00						

YOGA

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TIME	MON	TUE	WED	THU	FRI	SAT
18:00		Broga with Tom 18:00-19:00	Level 1 Yoga basics with Laura 18:00-19:00	Pilates with Liz 18:00-19:00		
18:15						
18:30	Level 1/2 Yoga with Laura 18:30-19:30					
18:45						
19:00						
19:15						
19:30	Ashtanga fusion Level 2/3 with Laura 19.30-21:00		Level 2/3 Yoga with Laura 19:00-20:30			
19:45						
20:00						
20:15						
20:30						
20:45						

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
06:30	Strength and Tone with Kim 6:30am-7:00am			Body Blast with Kim 6:30am-7:00am		
06:45						
07:00			Circuits with Kim 7:00am-7:30am			
07:15						
07:30						

TIME	MON	TUE	WED	THU	FRI	SAT
09:30					Zumba with Emily 9:30am-10:30am	Pilates with Jo 9:30am-10:15am
10:30						
12:30	Circuits with Sara 12:30-13:00	Pad fit with Sara 12:30-13:00		Total Body workout with Harry 12:30-13:00	Circuits with Harry 12:30-13:00	
13:00						

TIME	MON	TUE	WED	THU	FRI	SAT
17:00						
17:15						
17:30	Legs, Bums & Tums with Laura 17:30-18:00					
17:45						
18:00	Ab blast with Laura 18:00-18:25	SCULPT with Xavi 17:45-18:30	PUMP'D with Xavi 18:00-18:30	Dancercise with Georgie 17:45-18:30	HIIT with Xavi 18:00-18:30	
18:15						
18:30	Insanity with Emma 18:30-19:25					
18:45		Zumba with Emily 18:45-19:45	HIIT with Xavi 18:45-19:15			
19:00					Legs, bums and tums with Liz 19:00-19:30	
19:15						
19:30						
19:45						
20:00						
20:15						
20:30						

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