



# Autumn Timetable

**NBLEISURE**  
TRUST

  
**EMPIRE**  
GYM & STUDIOS

## MONDAY

07:00 - 07:45	Keiser I.C	SP
07:00 - 07:45	Rig Circuit	GF
09:30 - 10:00	Rig Circuit	GF
09:30 - 10:15	Yogalates	S4
10:00 - 10:15	Express Core	GF
17:30 - 18:15	Bodypump	S1
18:30 - 19:15	Vibe Cycle	SP
18:45 - 19:45	BodyBalance	S4
19:35 - 20:20	Keiser I.C	SP

## TUESDAY

06:15 - 07:00	Spin	SP
07:00 - 07:45	Rig Circuit	GF
09:30 - 10:15	LBT	S1
09:30 - 10:15	Rig Circuit	GF
17:25 - 18:10	Booty Bootcamp	S2
18:00 - 18:45	LBT	S1
18:15 - 18:45	Les Mills Sprint	SP
19:00 - 19:45	Kettlebells	S1

## WEDNESDAY

07:00 - 07:45	Keiser I.C	SP
07:00 - 07:45	Rig Circuit	GF
09:30 - 10:45	Yoga & Relaxation	S4
09:30 - 10:15	Rig Circuit	GF
17:45 - 18:55	Yoga	S4
17:35 - 18:20	BodyPump	S1
18:15 - 19:00	BoxFit	S2
18:30 - 19:15	Keiser I.C	SP
18:40 - 19:10	HIIT	S1
19:15 - 19:30	Express Core	S1

SP - Spin Studio      S2 - Studio 2  
S1 - Studio 1      S4 - Studio 4  
GF - Gym Floor

Tel. 02476 400 500



## THURSDAY

07:00 - 07:45	Rig Circuit	GF
09:30 - 10:15	BodyBalance	S4
09:30 - 10:15	Kettlebells	S2
17:15 - 18:00	Kettlebells	S1
17:35 - 18:20	Keiser I.C	SP
18:30 - 19:15	Pilates	S4
18:30 - 19:00	BoxFit	S2
19:05 - 19:35	HIIT	S1
19:45 - 20:30	BodyPump	S1

## FRIDAY

09:15 - 10:15	Forever Flex	S4
09:30 - 10:00	Rig Circuit	GF
10:00 - 10:15	Express Core	GF

## SATURDAY

08:15 - 09:00	Keiser I.C	SP
09:10 - 09:55	Rig Circuit	GF
09:55 - 10:10	Express Core	GF

## SUNDAY

09:15 - 10:00	Keiser I.C	SP
10:05 - 10:35	Rig Circuit	GF

The timetable is correct at the time of printing however, it is subject to change at short notice. Please check the website and social media for more information. Please ensure you clean all class equipment after use and bring your own mats where possible.

Cancellations must be made no later than 2 hours before the class start time. If you fail to attend you will incur a £3 penalty charge and blocked from online bookings until this has been paid.

Book Your  
Classes Online!



BOOK HERE