CLASS TIMETABLE

MONDAY	6:30 - 7:00	**Weights / HIIT**	Kim
	7:00 - 7:30	**Indoor Cycling**	Kim
	17:30 - 18:15	**Strike HIIT**	Queenie
	18:15 - 19:15	**Vinyasa Flow Yoga**	Amber
	19:20 - 20:20	**Yin Yoga**	Amber
TUESDAY	6:30 - 7:00	**Weights / HIIT**	Kim
	17:30 -18:15	**Body Pump**	Charlotte
WEDNESDAY	6:30 - 7:00	**Weights / HIIT**	Kim
	7:00 - 7:30	**Indoor Cycling**	Kim
	17:30 -18:15	**Dance Fit**	Amber
	18:30 - 19:30	**Vinyasa Flow Yoga**	Amber
THURSDAY	11:30 - 12:00	**Kettlebells**	Charlotte
	17:30 - 18:15	**Circuit**	Karen
	18:20 - 18:50	**Abdominal Workout**	Karen
FRIDAY	17:30 - 18:15	**Indoor Cycling**	Karen
SATURDAY	8:30 - 9:15	**Pilates**	MSK Therapist
	9:30 - 10:30	**WOD** *(Workout of the Day)*	Karen
SUNDAY	10:00 - 11:00	**Hatha Yoga**	Amy

EMPERORS HEALTH CLUB
FOR EVERY BODY