

Timetable 2018

[EN]GAGE
Fitness | Sport | Conditioning

■ Sighthill studio 1
 ■ Sighthill studio 2
 ■ Sighthill gym
 ■ Virtual Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30-08:15 Group Cycle	07:30-08:00 [EN]Power Circuit	07:30-08:15 Group Cycle	07:30-08:00 [EN]Power Circuit	07:30-08:15 Group Cycle /Core	11:00-11:30 [EN]Power Circuit	11:00-11:30 Group Cycle
08.20-08.50 BODYBALANCE™	08:15-08:45 MyRide	08.20-08.50 BODYBALANCE™	08:15-08:45 MyRide	08:30-09:00 [EN]Power Circuit	16:00-16:30 Group Cycle	16:00-16:30 [EN]Power Circuit
12:15-13:00 Group Cycle	12:15-13:00 BODYPUMP™	12:15-13:00 Flow Yoga	10:00-10:45 Hatton Boxing™	12:15-12:45 Metafit	Please arrive 10 minutes before class is scheduled to start & wear appropriate footwear/clothing We also recommend you bring a towel and water bottle. Virtual Classes can be scheduled on an ad-hoc basis if studio is free Please book classes in advance to avoid disappointment No bags in studio/gym please use lockers provided	
13:15-14:00 Pilates	13:15-14:00 Group Cycle	12:45-13:15 MyRide	12:00-12:50 Meditation	13:15-14:00 Hatton Boxing™		
17:10-17:55 Flow Yoga	17:15-18:15 MyRide	13:15-13:45 Metafit	12:30-13:00 MyRide	17:15-18:15 MyRide		
17:15-18:15 MyRide		17:10-17:55 Flow Yoga	13:00-13:45 BODYPUMP™			
18:30-19:00 [EN]Power Circuit		17:15-18:15 MyRide	17:15-18:15 MyRide			
		18:30-19:00 [EN]Power Circuit	18:30-19:00 [EN]Power Circuit			

| Rec Sport | Monday -Friday 12:00-14:00 | Walk in and play Badminton, Basketball, Netball or Table Tennis (subject to availability)

| Rec Clubs - Timetable |

Monday	Tuesday	Wednesday	Thursday	Friday
Capoeira 12:00-13:00		Boxing 12:00-13:00	Meditation 12:00-12:50	
	Muay Thai 13:00-14:00	Self defence 13:00-14:00		

Rec Sport - £1 members
£2 non members
Free ENSA Active

Rec Clubs - Free Staff /Students