

[EN]GAGE

Fitness | Sport | Conditioning

MONDAY

| | | | | | | |
|------------------------------|-------------------------------|----------------------------|-----------------------|----------------------------|-------------------------|----------------------------------|
| 7.30am-8.15am Group Cycle | 8.20am-8.50am BODYBALANCE™ | 12.15pm-1pm Group Cycle | 1.15pm-2pm Pilates | 5.10pm-5.55pm Flow Yoga | 5.15pm-6.15pm MyRide | 6.30pm-7pm [EN] Power Circuit |
| Studio 2 | Virtual Class | Studio 2 | Studio 1 | Studio 1 | Virtual Class | Sighthill Gym |

TUESDAY

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|----------------------------------|-------------------------|--------------------------|---------------------------|-------------------------|
| 7.30am-8am [EN] Power Circuit | 8.15am-8.45am MyRide | 12.15pm-1pm BODYPUMP™ | 1.15pm-2pm Group Cycle | 5.15pm-6.15pm MyRide |
| Studio 1 | Virtual Class | Studio 1 | Studio 2 | Virtual Class |

WEDNESDAY

| | | | | | | | |
|------------------------------|-------------------------------|--------------------------|--------------------------|---|----------------------------|-------------------------|----------------------------------|
| 7.30am-8.15am Group Cycle | 8.20am-8.50am BODYBALANCE™ | 12.15pm-1pm Flow Yoga | 12.45pm-1.15pm MyRide | 1.15pm-1.45pm HIIT Circuit Studio 1 | 5.10pm-5.55pm Flow Yoga | 5.15pm-6.15pm MyRide | 6.30pm-7pm [EN] Power Circuit |
| Studio 2 | Virtual Class | Studio 1 | Virtual Class | Studio 1 | Studio 1 | Virtual Class | Sighthill Gym |

THURSDAY

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|----------------------------------|-------------------------|--------------------------------|----------------------------|-----------------------|-------------------------|-------------------------|----------------------------------|
| 7.30am-8am [EN] Power Circuit | 8.15am-8.45am MyRide | 10am-10.45am Hatton Boxing™ | 12pm-12.50pm Meditation | 12.30pm-1pm MyRide | 1.15pm-2pm BODYPUMP™ | 5.15pm-6.15pm MyRide | 6.30pm-7pm [EN] Power Circuit |
| Studio 1 | Virtual Class | Sighthill Gym | Studio 1 | Virtual Class | Studio 1 | Virtual Class | Sighthill Gym |

FRIDAY

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|-----------------------------------|----------------------------------|---------------------------------|------------------------------|-------------------------|
| 7.30am-8.15am Group Cycle/Core | 8.30am-9am [EN] Power Circuit | 12.15pm-12.45pm HIIT Circuit | 1.15pm-2pm Hatton Boxing™ | 5.15pm-6.15pm MyRide |
| Studio 2 | Sighthill Gym | Studio 1 | Studio 1 | Virtual Class |

SATURDAY

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|------------------------------------|---------------------------|--|--|--|--|--|
| 11am-11.30am [EN] Power Circuit | 4pm-4.30pm Group Cycle | Please arrive 10 minutes before classes start and wear appropriate footwear/clothing | | | | |
| Sighthill Gym | Studio 2 | We recommend you bring a towel and water bottle | | | | |

SUNDAY

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|---|----------------------------------|---|--|--|--|--|
| 11am-11.30am Group Cycle | 4pm-4.30pm [EN] Power Circuit | Virtual classes can be scheduled on an ad-hoc basis if studio is free | | | | |
| Studio 2 | Sighthill Gym | Please book classes in advance to avoid disappointment | | | | |
| No bags in studio/gym - please use lockers provided | | | | | | |



Rec Sport | Monday to Friday 12pm-4pm | Walk in and play badminton, basketball, netball or table tennis (subject to availability)

Rec Clubs Timetable

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

Rec clubs Free to Edinburgh Napier staff and students

| Monday | Wednesday | Thursday |
|-------------------|----------------------|-------------------------|
| Capoeira 12pm-1pm | Boxing 12pm-1pm | Meditation 12pm-12.50pm |
| | Self Defence 1pm-2pm | |