

[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	5.15pm-6.15pm MyRide	6.30pm-7pm ENpower HIIT Circuit
Studio 2	Virtual Class	Studio 2	Studio 1	Virtual Class	Sighthill Gym

TUESDAY

7.30am-8am ENpower HIIT 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 Group Cycle	1.10pm-1.55pm Flow Yoga	5.10pm-5.55pm Flow Yoga	5.15pm-6.15pm MyRide	6.30pm-7pm ENpower HIIT Circuit
Studio 2	Virtual Class	Studio 2	Studio 1	Studio 1	Virtual Class	Sighthill Gym

THURSDAY

7.30am-8am ENpower HIIT Circuit	8.15am-8.45am MyRide	12.10pm-12.40pm BODYBALANCE™	12.30pm-1pm MyRide	1.15pm-2pm BODYPUMP™	5.15pm-6.15pm MyRide	6.30pm-7pm ENpower HIIT Circuit
Studio 1	Virtual Class	Virtual Class	Virtual Class	Studio 1	Virtual Class	Sighthill Gym

FRIDAY

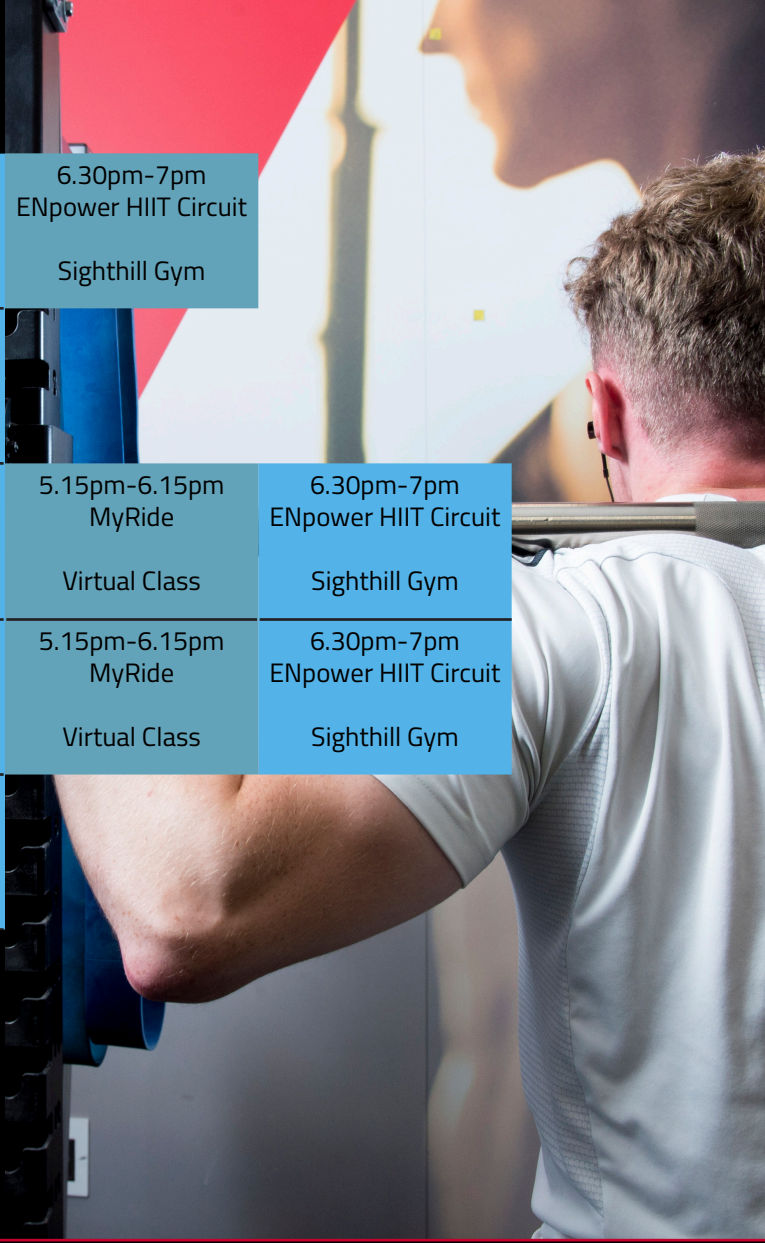
7.30am-8.15am Group Cycle/Core	8.30am-9am ENpower HIIT Circuit	12.15pm-12.45pm ENpower HIIT Circuit	1.15pm-1.45pm BODY COMBAT™	5.15pm-6.15pm MyRide
Studio 2	Sighthill Gym	Studio 1	Virtual Class	Virtual Class

SATURDAY

11am-11.30am ENpower HIIT 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

11am-11.30am Group Cycle	4pm-4.30pm ENpower HIIT 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 | Walk in and play badminton, basketball, netball or table tennis (subject to availability)

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