

BODYBALANCE™ ▶▶▶

A 30 or 55-minute new yoga class for anyone and everyone. Combining yoga, Tai Chi and Pilates-based movements set to music, it will improve your mind, your body and your life.

BODYCOMBAT™ ▶▶▶

This is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

BODYPUMP™ ▶▶▶

This is the original barbell class – a weights class for absolutely everyone. The 30 or 55 minute class gives you a total body workout and will make you toned, lean and fit.

CXWORX™ ▶▶▶

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

MyRide® (and Myride® Fast Class) ▶▶▶

Myride® is an immersive, high-resolution fitness adventure: the most challenging road races at a level to suit you. Thousands of preset challenges, stacks of music and over a million

▶▶▶ Intensity level

studio and real footage workouts so you can build your own cycle programme - no matter what your fitness level. You can choose to do a **fast class** which is a 30 minute high intensity workouts that ignites your metabolism and helps you burn more calories for up to 48 hours after your ride.

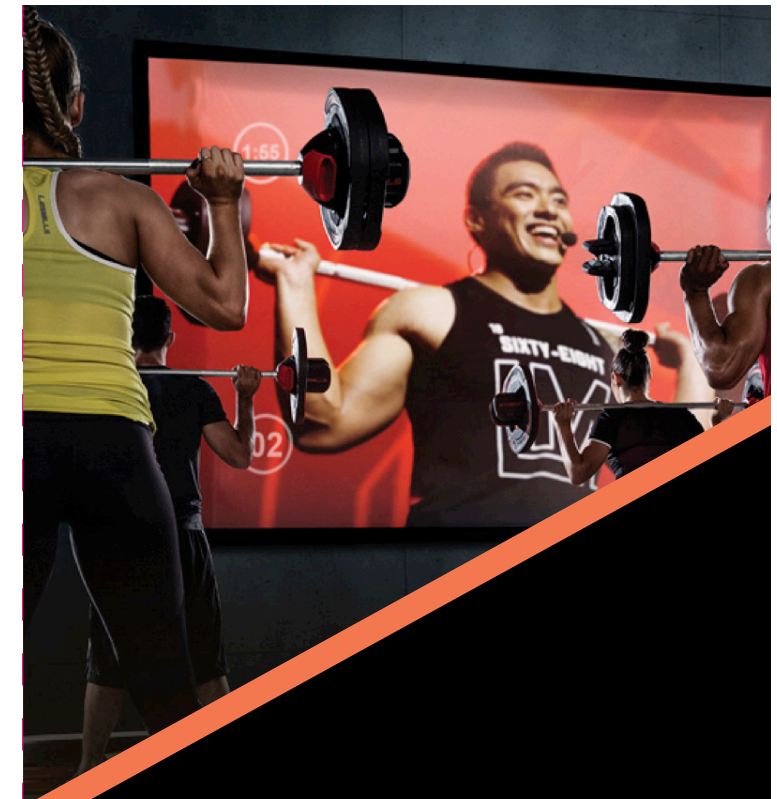
SH'BAM™ ▶▶▶

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

Virtual classes, what to expect:

Virtual workouts are audio-visual versions of live LES MILLS™ group fitness classes and MyRide®+ indoor cycling classes played on a big screen through a pumping sound system.

Please arrive 10 minutes before a class is scheduled to start and wear appropriate footwear. We also recommend you bring a towel and water.





[EN]GAGE

Fitness | Sport | Conditioning

Timetable Winter 2016
Virtual Fitness Classes

Edinburgh Napier
UNIVERSITY

 @engage_fitness
 /engagefitness

■ Sighthill studio 1

■ Sighthill studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30-08:15 MyRide®	08:00-08:35 MyRide® Fast Class	09:45-10:40 BODYPUMP™	08:15-08:50 MyRide® Fast Class	07:40-08:15 MyRide® Fast Class	10:15-11:10 MyRide®	10:15-11:10 MyRide®
07:45-08:15 CXWORX™	08:15-08:45 BODYBALANCE™	11:00-11:35 MyRide® Fast Class	08:30-09:00 BODYPUMP™	13:15-13:45 BODYBALANCE™	10:30-11:00 BODYPUMP™	10:30-11:00 BODYBALANCE™
08:30-09:00 BODYBALANCE™	09:00-09:30 CXWORX™	13:15-13:50 MyRide® Fast Class	12:15-12:50 MyRide® Fast Class	16:30-17:00 SH'BAM™	12:15-13:10 MyRide®	12:15-13:10 MyRide®
12:15-13:00 SH'BAM™	09:45-10:40 BODYCOMBAT™	14:00-14:30 BODYCOMBAT™	17:15-18:10 MyRide®	17:15-17:45 CXWORX™	17:00-17:30 CXWORX™	17:00-17:30 BODYCOMBAT™
14:30-15:00 BODYCOMBAT™	13:15-13:45 BODYBALANCE™	14:45-15:15 SH'BAM™	18:30-19:00 CXWORX™	18:00-18:55 BODYCOMBAT™		
16:30-17:05 MyRide® Fast Class	14:00-14:30 CXWORX™	17:15-17:50 MyRide® Fast Class	18:30-19:05 MyRide® Fast Class	18:15-18:50 MyRide® Fast Class		
17:30-18:25 MyRide®	16:00-16:35 MyRide® Fast Class	18:00-18:55 MyRide®				
19:00-19:35 MyRide® Fast	17:30-18:25 MyRide®					
	18:30-19:15 SH'BAM™					

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