

FITNESS TIMETABLE

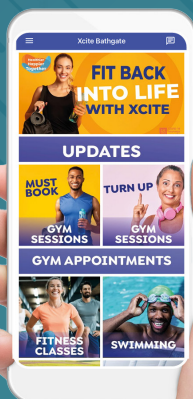
Day	Time	Class	Location
Monday	09.00-09.30	Gentle Exercise	Studio 3
	09.40-10.25	Xcite Cycle	Cycle Studio
	10.45-11.30	Body Pump	Studio 3
	17.40-18.25	Xcite Cycle	Cycle Studio
	18.10-18.40	Core	Studio 2
	18.05-19.05	Body Pump	Studio 3
	18.20-19.05	Paracise	Studio 1
	18.45-19.15	Sprint	Cycle Studio
	19.00-19.45	Xcite Sculpt	Studio 2
	19.20-20.20	Body Attack	Studio 3
	19.30-20.30	Body Step	Studio 1

Tuesday	09.20-10.20	Xcite Cycle	Cycle Studio
	10.25-10.55	Core	Studio 3
	17.15-18.00	Xcite Cycle	Cycle Studio
	17.20-18.05	Body Attack	Studio 3
	18.15-19.00	Xcite FIT - Outdoors	3G's
	18.15-19.00	Step Athletic	Studio 1
	18.20-19.20	Body Pump	Studio 3
	19.10-20.10	Body Jam	Studio 1
	19.05-19.50	Xcite Cycle	Cycle Studio
	19.35-20.35	Body Balance	Studio 3

Wednesday	09.20-09.50	Gentle Exercise	Studio 3
	10.10-10.55	Kettlercise	Studio 3
	10.30-11.15	Xcite Cycle	Cycle Studio
	17.40-18.10	Core	Studio 3
	18.00-18.45	Xcite Cycle	Cycle Studio
	18.15-19.00	Kettlercise	Studio 1
	18.30-19.15	Body Pump	Studio 3
	19.10-20.10	Body Attack	Studio 1
	19.15-20.00	Xcite Cycle	Cycle Studio
	19.30-20.15	Body Balance	Studio 3

Day	Time	Class	Location
Thursday	06.15-07.00	Body Pump Express	Studio 3
	09.00-09.30	Gentle Exercise	Studio 3
	09.40-10.40	Body Step	Studio 3
	11.15-12.00	Xcite Cycle	Cycle Studio
	17.25-18.10	Body Attack	Studio 3
	18.25-19.10	Kettlercise	Studio 3
	18.30-19.15	Tone	Studio 1
	19.20-19.50	Sprint	Cycle Studio
Friday	19.30-20.30	Body Jam	Studio 1
	09.20-10.20	Body Attack	Studio 3
	10.05-10.50	Paracise	Studio 1
	17.15-18.00	Xcite Cycle	Cycle Studio
	18.10-18.55	Kettlercise	Studio 3
Saturday	09.10-10.10	Body Jam	Studio 1
	09.15-10.00	Kettlercise	Studio 3
	10.10-10.55	Xcite Cycle	Cycle Studio
	10.20-11.20	Body Pump	Studio 3
	10.25-11.10	Tone	Studio 1
Sunday	09.15-10.15	Body Attack	Studio 1
	10.20-10.50	Sprint	Cycle Studio
	10.55-11.25	Core	Studio 3

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Xcite Bathgate

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VIRTUAL FITNESS CLASSES

Day Time Class Location

Monday	06.30-07.00	LM Grit Cardio	Studio 2
	07.30-08.15	LM Body Pump	Studio 2
	09.00-09.45	LM Body Combat	Studio 2
	10.30-11.00	LM Barre	Studio 2
	12.30-13.00	LM Body Balance	Studio 2
	14.00-14.30	LM Grit Cardio	Studio 2
	15.30-16.15	LM Body Pump	Studio 2
	20.00-20.30	LM Grit Athletic	Studio 2
	06.15-06.45	Sprint	Cycle
	07.15-08.00	LM The Trip	Cycle
	12.00-12.45	RPM	Cycle
	13.30-14.00	Sprint	Cycle
	17.00-17.30	Sprint	Cycle
	19.30-20.15	RPM	Cycle

Tuesday	06.30-07.15	LM Body Pump	Studio 2
	07.45-08.15	LM Grit Cardio	Studio 2
	08.30-09.15	LM Body Combat	Studio 2
	12.00-12.45	LM Body Balance	Studio 2
	13.30-14.15	LM Body Pump	Studio 2
	16.00-16.30	LM Grit Cardio	Studio 2
	17.00-17.30	LM Body Combat	Studio 2
	06.15-07.00	RPM	Cycle
	07.30-08.00	Sprint	Cycle
	10.30-11.15	RPM	Cycle
	12.30-13.15	RPM	Cycle
	16.30-17.00	Sprint	Cycle
	18.15-18.45	Sprint	Cycle
	20.15-20.45	Sprint	Cycle

Wednesday	07.00 - 07.45	LM Body Pump	Studio 2
	08.30-09.15	LM Body Combat	Studio 2
	10.30-11.00	LM Grit Athletic	Studio 2
	12.00-12.45	LM Body Pump	Studio 2
	13.30-14.00	LM Barre	Studio 2
	06.15-07.00	RPM	Cycle
	09.30-10.00	Sprint	Cycle
	12.30-13.15	RPM	Cycle
	17.00-17.45	RPM	Cycle
	20.15-20.45	Sprint	Cycle

Day Time Class Location

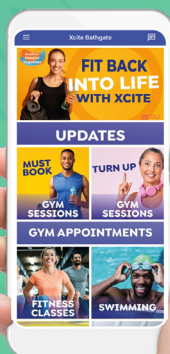
Thursday	07.00-07.30	LM Body Combat	Studio 2
	08.30-09.15	LM Body Pump	Studio 2
	10.30-11.00	LM Body Balance	Studio 2
	12.30-13.00	LM Grit Strength	Studio 2
	19.30-20.15	LM Body Pump	Studio 2
	07.15 -07.45	Sprint	Cycle
	09.30-10.00	Sprint	Cycle
	12.15-13.00	RPM	Cycle
	13.30-14.15	RPM	Cycle
	17.30-18.00	Sprint	Cycle
	18.15-19.00	RPM	Cycle
	20.00-20.30	Sprint	Cycle

Friday	07.00 - 07.45	LM Body Balance	Studio 2
	08.30-09.15	LM Body Pump	Studio 2
	10.30-11.00	LM Body Combat	Studio 2
	12.00-12.30	Les Mills Core	Studio 2
	13.00-13.30	LM Grit Cardio	Studio 2
	17.00-17.30	LM Grit Strength	Studio 2
	17.45-18.15	LM Body Pump	Studio 2
	06.15-06.45	Sprint	Cycle
	07.00-07.45	LM The Trip	Cycle
	09.30-10.00	Sprint	Cycle
	12.30-13.15	RPM	Cycle
	16.00-16.45	RPM	Cycle
	18.15-19.00	RPM	Cycle

Saturday	09.00-09.45	LM Body Pump	Studio 2
	11.30-12.15	LM Body Combat	Studio 2
	13.00-13.30	LM Grit Athletic	Studio 2
	14.00-14.45	LM SHBAM	Studio 2
	11.00-11.30	Sprint	Cycle
	13.00-13.45	RPM	Cycle
	14.15 -14.45	Sprint	Cycle

Sunday	09.00-09.45	LM SHBAM	Studio 2
	10.15-11.00	LM Body Pump	Studio 2
	11.30-12.00	LM Body Balance	Studio 2
	12.30-13.00	LM Body Combat	Studio 2
	09.30-10.00	Sprint	Cycle
	11.15-12.00	RPM	Cycle
	13.00-13.30	Sprint	Cycle

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