

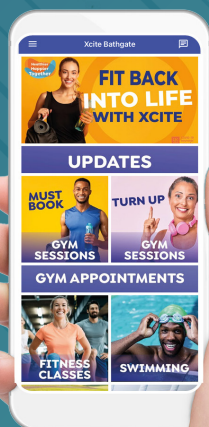
FITNESS TIMETABLE

Day	Time	Class	Location
Monday	09.30-10.15	Body Pump	Studio 1
	10.45-11.30	Body Balance	Studio 1
	10.00-10.45	PiYo	Studio 2
	11.15-12.00	Paracise	Sports Hall
	17.20-18.05	Body Combat	Studio 1
	18.10-18.55	Xcite Cycle	Cycle
	18.15-19.00	P90X	Studio 2
	18.20-19.05	Sh'bam	Studio 1
	19.15-20.00	Body Attack	Studio 2
	19.20-20.05	Body Pump	Studio 1
	20.10-20.55	Body Balance	Studio 2

Tuesday	06.45-07.30	Kettlebell Circuits	Studio 1
	08.45-09.30	Gentle Exercise	Studio 1
	10.00-10.45	Body Pump	Studio 1
	11.15-12.00	Body Balance	Studio 1
	17.40-18.40	Kettlebell Cir	Studio 1
	18.10-18.55	Xcite Cycle	Cycle
	18.40-19.25	Body Attack	Studio 1
	19.40-20.25	Body Combat	Studio 1

Wednesday	11.40-12.25	Paracise	Studio 1
	14.30-15.15	Gentle Step	Studio 1
	18.10-18.55	Xcite Cycle	Cycle
	18.05-18.50	Kettlercise	Studio 1
	19.05-19.50	Sh'bam	Studio 2
	18.55-19.40	Body Pump	Studio 1
	20.10-20.55	Body Balance	Studio 1

Day	Time	Class	Location
Thursday	06.45-07.30	Kettlebell Circuits	Studio 1
	08.45-09.30	Gentle Exercise	Studio 1
	09.40-10.25	RPM	Cycle
	09.35-10.20	Body Pump	Studio 1
	10.50-11.35	Body Balance	Studio 1
	17.10-17.55	P90X	Studio 1
	18.10-18.55	PiYo	Studio 2
	18.00-18.45	Body Pump	Studio 1
Friday	19.15-20.00	Body Combat	Studio 1
	10.20-11.05	Xcite Cycle	Cycle
	10.10-10.55	Body Balance	Studio 1
	17.35-18.20	Body Pump	Studio 1
Saturday	17.45-18.30	Sh'bam	Studio 21
	09.10-09.55	Kettlebell Cir	Studio 1
	09.20-10.05	Xcite CYCLE	Cycle
	10.15-11.00	Body Pump	Studio 1
Sunday	11.35-12.20	Body Balance	Studio 1
	09.10-09.55	Body Combat	Studio 1
	15.00-15.45	Line Dance Beg	Studio 1
	16.00-16.45	Line Dancing Inter	Studio 1
	17.15-18.00	Body Attack	Studio 1
	18.15-19.00	Sh'bam	Studio 1



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VIRTUAL FITNESS CLASSES

Day Time Class Location

Monday 06.45-07.30 RPM Cycle
 08.00-08.45 RPM Cycle
 09.15-09.45 Sprint Cycle
 12.00-12.45 RPM Cycle
 20.00-20.45 RPM Cycle
 07.00-07.45 Body Combat Studio 2
 10.00-10.45 Body Pump Studio 2
 12.15-13.00 Body Balance Studio 2
 18.00-18.45 Body Pump Studio 2
 19.15-19.45 Grit Cardio Studio 2
 20.15-21.00 Body Balance Studio 2

Tuesday 06.45-07.30 RPM Cycle
 08.00-08.45 RPM Cycle
 09.15-09.45 Sprint Cycle
 12.00-12.45 The Trip Cycle
 17.00-17.45 RPM Cycle
 20.00-20.45 The Trip Cycle
 10.00-10.45 Body Combat Studio 2
 12.15-13.00 Sh'bam Studio 2
 18.00-18.45 Sh'bam Studio 2
 19.15-19.45 Body Balance Studio 2

Wednesday 06.45-07.30 RPM Cycle
 10.15-11.00 The Trip Cycle
 12.00-12.45 RPM Cycle
 20.30-21.00 The Sprint Cycle
 07.00-07.45 Body Combat Studio 2
 09.25-10.10 Body Pump Studio 2
 12.15-13.00 Body Balance Studio 2
 18.00-18.45 Body Pump Studio 2
 19.15-19.45 Grit Cardio Studio 2
 20.15-21.00 Body Balance Studio 2

Day Time Class Location

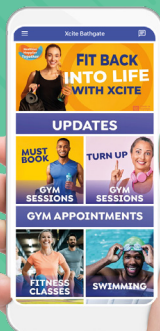
Thursday 06.45-07.30 RPM Cycle
 11.00-11.00 Sprint Cycle
 12.00-12.45 The Trip Cycle
 17.00-17.45 RPM Cycle
 18.15-18.45 Sprint Cycle
 20.00-20.45 The Trip Cycle
 07.00-07.45 Body Pump Studio 1
 10.00-10.45 Body Combat Studio 2
 12.15-13.00 Sh'bam Studio 2
 18.00-18.45 Sh'bam Studio 2
 19.15-19.45 Body Balance Studio 2

Friday 12.30-13.15 RPM Cycle
 18.00-19.00 RPM Cycle
 19.00-19.45 Sprint Cycle
 07.30-08.15 Body Pump Studio 2
 10.30-11.00 Grit Cardio Studio 2
 12.00-12.45 Body Combat Studio 2
 18.00-18.45 Body Balance Studio 2
 19.30-20.15 Body Balance Studio 2

Saturday 10.30-11.15 The Trip Cycle
 12.00-12.45 RPM Cycle
 13.15-13.45 Sprint Cycle
 10.00-10.45 Body Combat Studio 2
 12.30-13.15 Body Pump Studio 2
 13.45-14.15 Body Balance Studio 2

Sunday 10.30-11.15 RPM Cycle
 12.00-12.45 The Trip Cycle
 13.15-13.45 Sprint Cycle
 10.00-10.45 Body Pump Studio 2
 11.15-11.45 Grit Studio 2
 12.30-13.15 Body Combat Studio 2
 13.45-14.15 Barre Studio 2

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