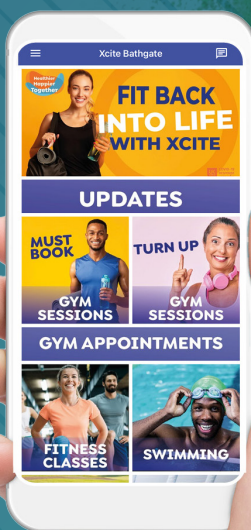


FITNESS TIMETABLE

Day	Time	Class	Location
Monday	10.00-10.45	Step Circuits	Sports Hall
	11.00-11.45	Step Circuits	Sports Hall
	12.05-12.50	Xcite Sculpt	Sports Hall
	18.05-18.50	Fit Steps For All Bodies	Sports Hall
Tuesday	17.40-18.25	Body Pump	Sports Hall
	19.05-19.50	Zumba	Sports Hall

Day	Time	Class	Location
Wednesday	09.10-09.55	Paracise	Sports Hall
	10.10-10.55	Zumba	Sports Hall
Friday	09.10-09.55	Gentle Exercise	Sports Hall
	10.10-10.55	Step Circuits	Sports Hall
	11.10-11.55	Step Circuits	Sports Hall

**BOOK NOW ON
THE XCITE APP**



Xcite East Calder

T: 01506 883340