

FITNESS TIMETABLE

Day	Time	Class	Location
Monday	09.40-10.25	Body Attack	Studio 1
	10.45-11.30	Body Pump	Studio 1
	12.40-13.25	Paracise	Studio 1
	13.40-14.25	Yoga	Studio 1
	18.05-18.50	Body Combat	Studio 1
	18.30-19.15	Aquafit	Pool
	18.20-19.05	LM Tone	Studio 2
	18.30-19.15	Xcite Cycle	Studio 4
	19.05-19.50	Body Pump	Studio 1
	20.15-21.00	Xcite Fit	Studio 2
	20.20-21.05	Body Balance	Studio 1

Tuesday	09.15-10.00	Xcite Dance	Studio 1
	10.10-10.55	Xcite Aqua	Pool
	11.10-11.55	Paracise	Studio 1
	12.20-13.05	Body Pump	Studio 1
	18.10-18.55	Xcite Cycle	Studio 4
	18.20-19.05	Body Attack	Studio 1
	19.10-19.55	Xcite Fit Outdoors 5s	
	19.20-20.05	Body Step	Studio 1
	19.25-20.10	Body Pump	Studio 2
	19.50-20.35	RPM	Studio 4

Wednesday	06.45-07.30	RPM	Studio 4
	09.30-10.15	Gentle Exercise	Studio 1
	10.30-11.15	Xcite Sculpt	Studio 1
	12.00-12.45	Body Balance	Studio 1
	18.05-18.50	Xcite Cycle	Studio 4
	18.10-18.55	Kettlercise	Studio 2
	18.20-19.05	Body Step	Studio 1
	19.20-20.05	Body Pump	Studio 1

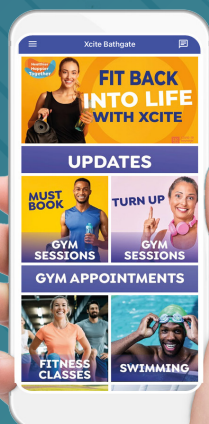
Day	Time	Class	Location
Thursday	08.50-09.35	Xcite Aqua	Pool
	09.30-10.15	Body Pump	Studio 1
	09.50-10.35	Xcite Aqua	Pool
	10.45-11.30	Xcite Dance	Studio 1
	12.15-12.45	LM Tone	Studio 1
	13.00-13.45	Body Balance	Studio 1
	18.10-18.55	Body Attack	Studio 1
	18.15-19.00	Xcite Cycle	Studio 4
	19.25-20.10	Body Balance	Studio 2
	19.30-20.15	Body Combat	Studio 1
	19.45-20.30	RPM	Studio 4

Friday	06.15-07.00	RPM	Studio 4
	06.45-07.30	Body Attack	Studio 1
	07.00-07.45	Xcite Fit Outdoors 5s	
	09.00-09.45	Gentle Exercise	Studio 1
	10.05-10.50	Step & Tone	Studio 1
	12.40-13.25	Paracise	Studio 1
	18.20-19.05	Body Pump	Studio 1
	19.20-19.55	Fitness Pilates	Studio 1

Saturday	09.05-09.50	Body Pump	Studio 1
	09.20-10.05	Xcite Cycle	Studio 4
	10.35-11.20	Body Balance	Studio 1

Sunday	09.00-09.45	RPM	Studio 4
	09.10-09.55	Body Combat	Studio 1
	10.10-10.55	Body Step	Studio 1

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VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
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Monday	06.15-06.45	Body Pump	Studio 2
	06.30-07.20	RPM	Cycle
	07.15-07.45	Grit Strength	Studio 2
	09.15-09.45	Sprint	Cycle
	10.20-11.05	Sh'Bam	Studio 2
	12.20-13.15	Body Balance	Studio 2
	13.50-14.45	Body Balance	Studio 2
	16.15-16.45	RPM Beginner	Cycle
19.50-20.40	RPM	Cycle	

Tuesday	06.15-06.45	Sprint	Cycle
	06.20-06.50	Body Combat	Studio 2
	07.20-07.50	Grit Strength	Studio 2
	08.00-08.50	RPM	Cycle
	10.30-11.00	Sh'Bam	Studio 2
	10.55-11.45	RPM	Cycle
	12.10-12.55	Body Pump	Studio 2
	12.15-12.45	Sprint	Cycle
	14.00-14.30	RPM	Cycle
	14.00-14.30	Barre	Studio 2
	15.00-15.50	RPM	Cycle
	15.15-15.45	Body Combat	Studio 2
16.20-16.50	Sprint	Cycle	

Wednesday	06.20-06.50	Grit Cardio	Studio 2
	09.00-09.30	Barre	Studio 2
	09.15-09.45	Sprint	Cycle
	10.30-11.00	Core	Studio 2
	11.00-11.30	Sprint	Cycle
	12.10-12.55	Body Pump	Studio 2
	14.00-14.30	Sprint	Cycle
	14.30-15.00	Grit Athletic	Studio 2
	16.15-16.45	RPM Beginner	Cycle
	19.30-20.00	Sprint	Cycle
	20.30-21.00	RPM	Cycle
	20.00-20.55	Body Balance	Studio 2

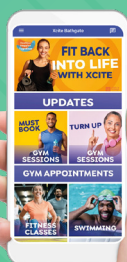
Day	Time	Class	Location
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Thursday	06.15-06.45	Grit Athletic	Studio 2
	06.15-07.00	The Trip	Cycle
	07.15-07.45	Body Combat	Studio 2
	09.00-09.30	Core	Studio 2
	09.15-09.45	Sprint	Cycle
	10.20-10.50	RPM	Cycle
	10.25-11.10	Sh'Bam	Studio 2
	12.15-12.45	RPM	Cycle
14.00-14.30	Sprint	Cycle	
16.00-16.30	RPM	Cycle	

Friday	06.20-06.50	Body Pump	Studio 2
	07.30-08.00	Sprint	Cycle
	08.15-08.45	Grit Cardio	Studio 2
	11.00-11.30	Barre	Studio 2
	12.15-12.45	Grit Strength	Studio 2
	13.30-14.00	Sprint	Cycle
	17.15-17.45	Sprint	Cycle
	17.30-18.15	Sh'Bam	Studio 2
18.30-19.00	Sprint	Cycle	

Saturday	10.10-10.40	Les Mills Core	Studio 2
	13.30-14.00	Sprint	Cycle
	14.30-15.00	RPM	Cycle
	16.00-16.45	The Trip	Cycle
	12.30-13.00	Sh'Bam	Studio 2
	14.00-14.45	Body Pump	Studio 2
15.30-16.00	Barre	Studio 2	

Sunday	10.45-11.30	The Trip	Cycle
	13.45-14.15	RPM	Cycle
	17.00-17.45	The Trip	Cycle
	11.00-11.45	Sh'Bam	Studio 2



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