

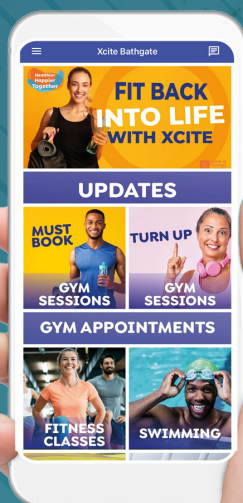
FITNESS TIMETABLE

Day	Time	Class	Location
Monday	9.00 – 9.30	Group Cycle	Spin Studio
	9.40-10.25	AquaFit	Pool
	17.35-18.20	Body Attack	Studio
	18.35-19.05	Xcite Core	Studio
	19.20-19.50	Functional Training	Studio
	20.05-20.50	Body Balance	Studio
Tuesday	9.20-10.05	Xcite Sculpt	Studio
	10.20-11.05	Body Pump	Studio
	18.05-18.50	Xcite Box	Studio
	18.30-19.10	RPM	Spin Studio
	19.00-19.45	Body Pump	Studio
	20.00-20.30	Grit	Studio

Wednesday	9.10-9.40	Xcite Group Cycle	Spin Studio
	9.20-10.05	Xcite Sculpt	Studio
	10.20-11.05	Body Pump	Studio
	11.20-12.05	Gentle Exercise	Studio
	17.05-17.35	HIIT Step	Studio
	17.55-18.25	MetaFit	Studio
	18.45-19.30	Body Pump	Studio
	19.30-20.15	Xcite Cycle	Studio
	19.45-19.30	Xcite Sculpt	Studio

Day	Time	Class	Location
Thursday	17.25-18.10	Body Combat	Studio
	18.25-19.10	Body Attack	Studio
Friday	9.20-10.05	Xcit Fit	Studio
	10.20-11.05	Body Step	Studio
	11.20-12.05	Fitness Pilates	Studio
	17.20-17.50	Xcite Fit	Studio
	18.05-18.35	Xcite Cycle	Studio
Saturday	09.05-9.35	Kettlercise	Studio
	09.10-9.55	Xcite Cycle	Spin Studio
	09.50-10.20	Fitness Pilates	Studio
	10.40-11.25	Xcite Cycle	Spin Studio
	10.35-11.20	Body Pump	Studio
	11.35-12.20	Xcite Fit	Studio
Sunday	09.10-9.55	Body Step	Studio
	10.05-10.50	Xcite Cycle	Spin Studio

**BOOK NOW ON
THE XCITE APP**



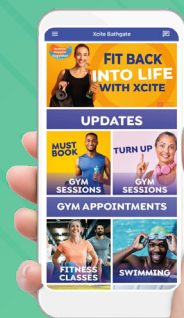
Xcite Whitburn

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VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	09:20-10:05	Body Combat	Studio
	10:30-11:00	Sprint	Spin Studio
	10:35-11:20	Body Balance	Studio
	11:45-12:30	Body Pump	Studio
	13:00-13:30	Core	Studio
	17:00-17:30	RPM	Spin Studio
	18:00-18:30	Sprint	Spin Studio
	18:45-19:30	RPM	Spin Studio
Tuesday	08:30-09:00	Sprint	Spin Studio
	09:30-10:15	RPM	Spin Studio
	12:00-12:45	Body Pump	Studio
	13:00-13:45	RPM	Spin Studio
	15:30-16:15	Born To Move	Studio
	17:20-17:50	Barre	Studio
	17:40-18:10	Sprint	Spin Studio
Wednesday	08:10-08:40	Xpress	Spin Studio
	10:30-11:00	Sprint	Spin Studio
	12:30-13:15	RPM	Spin Studio
	12:35-12:55	Body Balance Yoga	Studio
	13:10-13:40	Core	Studio
	17:20-17:50	Sprint	Spin Studio
	18:05-18:50	RPM	Spin Studio
Thursday	08:10-08:40	Sprint	Spin Studio
	09:05-09:35	RPM Xpress	Spin Studio
	10:00-10:30	Grit Athletic	Studio
	10:45-11:30	Body Combat	Studio
	12:00-12:45	The Trip	Spin Studio
	12:15-13:30	Body Pump	Studio

Day	Time	Class	Location
Thursday	15:30-16:15	Born To Move	Studio
	15:35-16:05	Sprint	Spin Studio
	16:35-17:05	RPM	Spin Studio
	17:35-18:20	RPM	Spin Studio
	19:00-19:30	Sprint	Spin Studio
	19:25-19:55	Core	Studio
	20:00-20:30	Sprint	Spin Studio
Friday	08:30-09:00	RPM Xpress	Spin Studio
	10:30-11:00	Sprint	Spin Studio
	12:30-13:15	The Trip	Spin Studio
	13:15-14:00	Born To Move	Studio
	17:05-17:35	Sprint	Spin Studio
	18:05-18:50	Sh'Bam	Studio
	19:05-19:50	Body Balance	Studio
Saturday	11:40-12:10	Sprint	Spin Studio
	12:30-13:15	RPM	Spin Studio
	12:35-13:20	Body Combat	Studio
Sunday	10:15-10:45	Body Combat	Studio
	11:00-11:30	CX Works	Studio
	11:15-11:45	RPM Xpress	Spin Studio
	11:45-12:30	Sh'Bam	Studio
	12:20-12:50	Sprint	Spin Studio
	12:45-13:15	Body Pump	Studio
	13:20-14:05	The Trip	Spin Studio



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