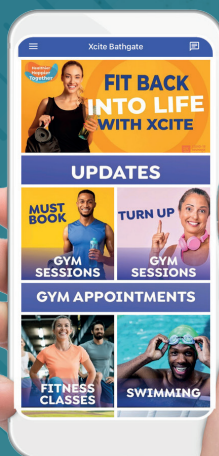


FITNESS TIMETABLE

Day	Time	Class	Location
Monday	10:00-11:00	Pilates	Studio 1
	10:30-11:15	Easy Line	Sports Hall
	11:15-12:00	Full Body Indoor	
		Fitness Walking	Studio 1
	12:00-12:45	Line Dancing Beg	Sports Hall
	13:00-13:45	Line Dancing Int	Sports Hall
	18:00-18:45	Sculpt	Studio 1
	18:50-19:50	Body Combat	Studio 1
	19:00-20:00	Fusion Flow	Studio 2
	20:00-21:00	Body Pump	Studio 1
Tuesday	09:50-10:35	Post-Natal	Studio 1
	11:00-11:45	Xcite Cycle	Cycle Studio
	11:00-11:45	Paracise	Studio 1
	12:00-12:45	Line Dancing Beg	Studio 1
	13:00-13:45	Line Dancing Int	Studio 1
	17:30-18:15	Kettlercise	Studio 1
	18:30-19:00	Xcite Core	Studio 1
	18:20-19:05	Xcite Cycle	Cycle Studio
	19:15-20:00	Fitsteps	Studio 1
Wednesday	10:00-10:45	Xcite Cycle	Cycle Studio
	11:00-12:00	Yoga	Studio 1
	13:00-13:45	Fitsteps	Studio 1
	18:00-18:45	Body Combat	Studio 1
	19:00-19:45	Paracise	Studio 1
	19:00-19:45	Xcite Box	Sports Hall

Day	Time	Class	Location
Thursday	10:00-10:30	Gentle Stretch & Tone	Studio 2
	10:00-10:45	Pilates	Studio 1
	10:45-11:30	Easy Line	Sports Hall
	11:00-12:00	Zumba	Studio 1
	18:10-18:40	Xcite Fit	Studio 1
	18:45-19:15	Xcite Core	Studio 1
Friday	19:30-20:30	Body Pump	Studio 1
	09:30-10:15	Easy Line	Sports Hall
	10:30-11:15	Easy Line - Ref class	Sports Hall
	10:15-11:00	Full Body Indoor	
		Fitness Walking	Studio 1
Saturday	11:15-12:00	Gentle Exercise	Studio 1
	09:10-10:10	Body Combat	Studio 1
Sunday	10:15-11:00	Paracise	Studio 1
	10:00-10:45	Xcite Cycle	Cycle Studio



**BOOK NOW ON
THE XCITE APP**

IN THE POOL

Monday	10:15-11:00	Xcite Aqua
Tuesday	17:40-16:25	Xcite Aqua
Thursday	12:30-13:15	Xcite Aqua
Friday	11:30-12:15	Xcite Aqua

Xcite Broxburn

T: 01506 237920

VIRTUAL FITNESS CLASSES

Monday

0700-0730	GRIT Cardio	Studio 2
0800-0845	Body Combat	Studio 2
0900-0945	Body Pump	Studio 2
1000-1045	Body Balance	Studio 2
1100-1145	LM Core	Studio 2
1200-1245	Sh'Bam	Studio 2
1300-1345	Body Combat	Studio 2
1400-1430	GRIT Strength	Studio 2
1500-1545	Body Balance	Studio 2
1600-1630	LM Barre	Studio 2
1700-1745	Body Pump	Studio 2
1800-1845	Sh'Bam	Studio 2
0645-0730	The Trip	Cycle
0745-0830	RPM	Cycle
0845-0915	SPRINT	Cycle
0945-1030	RPM	Cycle
1045-1130	The Trip	Cycle
1145-1215	SPRINT	Cycle
1245-1315	RPM express	Cycle
1345-1430	The Trip	Cycle
1445-1515	SPRINT	Cycle
1545-1630	RPM	Cycle
1645-1730	The Trip	Cycle
1745-1830	RPM	Cycle
1845-1930	The Trip	Cycle
1945-2015	SPRINT	Cycle

Tuesday

0930-1015	Body Balance	Studio 2
1030-1115	Body Pump	Studio 2
1130-1215	Sh'Bam	Studio 2
1230-1300	GRIT Athletic	Studio 2
1330-1400	LM Barre	Studio 2
1430-1515	Body Balance	Studio 2
1530-1615	Sh'Bam	Studio 2
1630-1715	LM Core	Studio 2
1730-1815	Body Combat	Studio 2
1830-1915	Body Pump	Studio 2
1930-2000	LM Barre	Studio 2
0900-0945	RPM	Cycle
1000-1045	The Trip	Cycle
1200-1245	SPRINT	Cycle
1300-1345	RPM	Cycle
1400-1445	The Trip	Cycle
1500-1530	SPRINT	Cycle
1600-1645	The Trip	Cycle
1700-1745	RPM	Cycle
1915-2000	The Trip	Cycle

Wednesday

0700-0730	GRIT Athletic	Studio 2
0800-0845	Body Combat	Studio 2
0900-0945	Sh'Bam	Studio 2
1000-1045	Body Pump	Studio 2
1100-1145	Body Balance	Studio 2
1200-1245	Body Combat	Studio 2
1300-1345	Body Pump	Studio 2

1400-1445	LM Core	Studio 2
1500-1530	LM Barre	Studio 2
1600-1645	Body Balance	Studio 2
1700-1745	Sh'Bam	Studio 2
1800-1845	Body Pump	Studio 2
1900-1930	LM Barre	Studio 2
0645-0715	SPRINT	Cycle
0745-0830	The Trip	Cycle
0845-0930	RPM	Cycle
1145-1230	RPM	Cycle
1245-1315	SPRINT	Cycle
1345-1430	The Trip	Cycle
1445-1530	RPM	Cycle
1545-1630	The Trip	Cycle
1645-1730	RPM	Cycle
1745-1815	SPRINT	Cycle
1845-1930	The Trip	Cycle

Thursday

1130-1215	LM Core	Studio 2
1230-1300	GRIT Cardio	Studio 2
1330-1415	SH'Bam	Studio 2
1430-1515	LM Core	Studio 2
1530-1615	Body Pump	Studio 2
1630-1715	Body Balance	Studio 2
1730-1815	LM Barre	Studio 2
1830-1915	Body Pump	Studio 2
1930-2015	Sh'Bam	Studio 2
0900-0930	SPRINT	Cycle
1000-1045	RPM	Cycle
1100-1145	The Trip	Cycle
1200-1230	SPRINT	Cycle
1300-1345	RPM	Cycle
1400-1445	The Trip	Cycle
1500-1530	SPRINT	Cycle
1600-1645	RPM	Cycle
1700-1745	The Trip	Cycle
1800-1845	RPM	Cycle
1900-1930	SPRINT	Cycle

Friday

0700-0745	Body Combat	Studio 2
0800-0830	GRIT Strength	Studio 2
0900-0945	Sh'Bam	Studio 2
1000-1045	Body Pump	Studio 2
1100-1145	Body Balance	Studio 2
1200-1245	LM Core	Studio 2
1300-1330	GRIT Cardio	Studio 2
1400-1430	LM Barre	Studio 2
1500-1545	LM Core	Studio 2
1600-1645	Sh'Bam	Studio 2

1700-1745	Body Combat	Studio 2
1800-1845	Body Pump	Studio 2
1900-1945	Body Balance	Studio 2
0645-0730	RPM	Cycle
0745-0815	SPRINT	Cycle
0845-0930	RPM	Cycle
0945-1030	The Trip	Cycle
1045-1115	SPRINT	Cycle
1145-1230	The Trip	Cycle
1245-1315	RPM	Cycle
1345-1415	SPRINT	Cycle
1445-1530	The Trip	Cycle
1545-1630	RPM	Cycle
1645-1730	SPRINT	Cycle
1745-1815	The Trip	Cycle
1845-1930	RPM	Cycle

Saturday

0930-1015	Body Pump	Studio 2
1030-1100	LM Barre	Studio 2
1130-1215	Body Combat	Studio 2
1230-1315	Body Balance	Studio 2
1330-1415	Body Pump	Studio 2
1430-1515	LM Core	Studio 2
0945-1015	RPM	Cycle
1045-1130	The Trip	Cycle
1145-1215	SPRINT	Cycle
1245-1330	RPM	Cycle
1345-1430	The Trip	Cycle
1445-1515	SPRINT	Cycle

Sunday

0930-1000	GRIT Strength	Studio 2
1030-1115	Body Pump	Studio 2
1130-1215	Body Combat	Studio 2
1230-1315	Sh'Bam	Studio 2
1330-1400	LM Barre	Studio 2
1430-1500	LM Core	Studio 2
1530-1615	Body Pump	Studio 2
1630-1715	Body Balance	Studio 2
0915-0945	RPM Express	Cycle
1115-1200	The Trip	Cycle
1215-1245	SPRINT	Cycle
1315-1345	The Trip	Cycle
1415-1445	SPRINT	Cycle
1515-1600	RPM	Cycle
1615-1700	The Trip	Cycle

Xcite Broxburn

T: 01506 237920