

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	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
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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 5z	5z
	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

BOOK NOW ON THE XCITE APP



Xcite Linlithgow

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XCITE
West Lothian Leisure



West Lothian Leisure (known as Xcite) is a Scottish Charity, SC027470.

www.westlothianleisure.com