

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 Attack	Studio 1
	19.00-20.00	Fusion Flow	Studio 2
	20.00-21.00	Body Pump	Studio 1

Tuesday	09.50-10.35	Mum & Me Fitness	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
	18.00-18.45	Kettlercise	Studio 1
	18.15-19.00	Fitsteps	Studio 2
	18.20-19.05	Xcite Cycle	Cycle Studio
	18.50-19.20	Xcite Core	Studio 1
	19.15-20.15	Vinyasa Yoga	Studio 2

Wednesday	10.00-10.45	Xcite Cycle	Cycle Studio
	11.00-12.00	Gentle Yoga	Studio 2
	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	Studio 2

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
	19.30-20.30	Body Pump	Studio 1

Friday	09.30-10.15	Easy Line	Sports Hall
	10.15-11.00	Full Body Indoor	
	10.30-11.15	Fitness Walking	Studio 1
		Easy Line - Ref class	Sports Hall

Saturday	09.10-10.10	Body Combat	Studio 1
	10.15-11.00	Paracise	Studio 1

Sunday	10.00-11.00	Vinyasa Yoga	Studio 2
	10.00-10.45	Xcite Cycle	Cycle Studio

Last Sunday of the month extended Vinyasa Yoga starting at 09.30 instead of 10.00.



**BOOK NOW ON
THE XCITE APP**

Xcite Broxburn

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VIRTUAL FITNESS CLASSES

Monday

07.00-07.30	Body Pump Xpress	Studio 2
07.45-08.30	Body Attack	Studio 2
07.45-08.30	RPM	Cycle Studio
08.45-09.15	RPM Xpress	Cycle Studio
09.00-09.45	Body Pump	Studio 2
09.45-10.30	RPM	Cycle Studio
10.00-10.45	Body Attack	Studio 2
10.45-11.30	The Trip	Cycle Studio
11.00-11.45	Sh'Bam	Studio 2
11.45-12.15	The Trip	Cycle Studio
12.00-12.30	Body Attack Xpress	Studio 2
12.45-13.15	RPM Xpress	Cycle Studio
13.00-13.30	Body Pump - Beginners	Studio 2
13.45-14.30	The Trip	Cycle Studio
14.00-14.45	Body Attack	Studio 2
14.45-15.15	RPM Xpress	Cycle Studio
15.00-15.45	Sh'Bam	Studio 2
15.45-16.30	RPM	Cycle Studio
16.00-16.30	Body Attack Xpress	Studio 2
16.45-17.30	The Trip	Cycle Studio
17.00-17.45	Body Pump	Studio 2
17.45-18.30	RPM	Cycle Studio
18.00-18.45	Sh'Bam	Studio 2
18.45-19.30	The Trip	Cycle Studio

Tuesday

10.00-10.45	Body Attack	Studio 2
09.00-09.45	RPM	Cycle Studio
10.00-10.45	The Trip	Cycle Studio
11.00-12.00	Body Pump	Studio 2
12.00-12.45	RPM Xpress	Cycle Studio
12.30-13.00	Sh'Bam	Studio 2
13.00-13.45	RPM	Cycle Studio
13.30-14.00	Body Pump Xpress	Studio 2
14.00-14.45	The Trip	Cycle Studio
14.15-15.15	Body Attack Xpress	Studio 2
15.00-15.30	RPM Xpress	Cycle Studio
15.30-16.15	Sh'Bam	Studio 2
16.00-16.45	The Trip	Cycle Studio
16.30-17.00	Body Pump Xpress	Studio 2
17.00-17.45	RPM	Cycle Studio
17.15-18.00	Body Attack	Studio 2
19.15-20.00	The Trip	Cycle Studio

Wednesday

06.45-07.15	RPM Xpress	Cycle Studio
07.00-07.30	Body Attack Xpress	Studio 2
07.45-08.30	The Trip	Cycle Studio
08.00-08.45	Body Pump	Studio 2
08.45-09.30	RPM	Cycle Studio
09.00-09.45	Sh'Bam	Studio 2
10.00-10.45	Body Pump	Studio 2
11.45-12.30	RPM	Cycle Studio
12.15-12.45	Body Attack Xpress	Studio 2
12.45-13.15	RPM Xpress	Cycle Studio
13.00-13.45	Sh'Bam	Studio 2
13.45-14.30	The Trip	Cycle Studio

14.00-15.00	Body Pump	Studio 2
14.45-15.30	RPM	Cycle Studio
15.45-16.30	The Trip	Cycle Studio
16.00-16.45	Body Attack	Studio 2
16.45-17.30	RPM	Cycle Studio
17.00-17.45	Sh'Bam	Studio 2
17.45-18.15	RPM Xpress	Cycle Studio
18.00-18.45	Body Pump	Studio 2
18.45-19.30	The Trip	Cycle Studio

Thursday

09.00-09.45	Body Pump	Studio 2
10.00-10.45	RPM	Cycle Studio
10.45-11.30	Sh'Bam	Studio 2
11.00-11.45	The Trip	Cycle Studio
11.45-12.30	Body Attack	Studio 2
12.00-12.30	RPM Xpress	Cycle Studio
12.45-13.15	Body Pump - Beginners	Studio 2
13.00-13.45	RPM	Cycle Studio
13.30-14.15	Sh'Bam	Studio 2
14.00-14.45	The Trip	Cycle Studio
14.30-15.15	Body Attack	Studio 2
15.00-15.30	RPM Xpress	Cycle Studio
15.30-16.30	Body Pump	Studio 2
16.00-16.45	RPM	Cycle Studio
17.00-17.45	The Trip	Cycle Studio
17.30-18.15	Body Attack	Studio 2
18.00-18.45	RPM	Cycle Studio
18.30-19.15	Body Pump	Studio 2
19.30-20.15	Sh'Bam	Studio 2

Friday

06.45-07.30	RPM	Cycle Studio
07.00-07.45	Body Attack	Studio 2
07.45-08.15	RPM Xpress	Cycle Studio
08.00-08.30	Body Pump Xpress	Studio 2
08.45-09.30	RPM	Cycle Studio
09.00-09.45	Sh'Bam	Studio 2
09.45-10.30	The Trip	Cycle Studio
10.00-10.45	Body Pump	Studio 2
10.45-11.15	RPM Xpress	Cycle Studio
11.00-11.45	Body Attack	Studio 2
11.45-12.30	The Trip	Cycle Studio
12.00-12.30	Body Pump Xpress	Studio 2
12.45-13.15	RPM	Cycle Studio
12.45-13.30	Body Attack	Studio 2
13.45-14.15	RPM Xpress	Cycle Studio
13.45-14.30	Sh'Bam	Studio 2
14.45-15.30	Body Pump	Studio 2
14.45-15.30	The Trip	Cycle Studio
15.45-16.30	RPM	Cycle Studio
16.00-16.45	Sh'Bam	Studio 2

16.45-17.30	RPM Xpress	Cycle Studio
17.00-17.30	Body Pump - Beginners	Studio 2
17.45-18.15	The Trip	Cycle Studio
18.00-18.45	Body Pump	Studio 2
18.45-19.30	RPM	Cycle Studio
19.00-20.00	Body Attack	Studio 2

Saturday

09.30-10.30	Body Pump - 60m	Studio 2
09.45-10.15	RPM	Cycle Studio
10.45-11.15	Body Attack Xpress	Studio 2
10.45-11.30	The Trip	Cycle Studio
11.30-12.15	Sh'Bam	Studio 2
11.45-12.15	RPM Xpress	Cycle Studio
12.30-13.30	Body Pump - 60m	Studio 2
12.45-13.30	RPM	Cycle Studio
13.45-14.30	Body Attack	Studio 2
13.45-14.30	The Trip	Cycle Studio

Sunday

09.15-09.45	RPM Express	Cycle Studio
11.15-12.00	The Trip	Cycle Studio
11.45-12.30	Body Pump	Studio 2
12.15-12.45	RPM Express	Cycle Studio
12.45-13.30	Sh'Bam	Studio 2
13.15-13.45	The Trip	Cycle Studio
14.00-15.00	Body Attack	Studio 2
14.15-15.00	RPM	Cycle Studio
15.15-15.45	RPM Express	Cycle Studio
15.30-16.15	Body Pump	Studio 2
16.00-16.45	The Trip	Cycle Studio
16.30-17.00	Body Attack Xpress	Studio 2

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