

# FITNESS TIMETABLE

Day	Time	Class	Location
<b>Monday</b>	10.00 - 10.45	Step Circuits	Sports Hall
	11.00 - 11.45	Step Circuits	Sports Hall
	12.05 - 12.50	Xcite Sculpt	Sports Hall
	18.05 - 18.50	Fit Steps	Sports Hall
<b>Tuesday</b>	17.40 - 18.25	Body Pump	Sports Hall
	19.05 - 19.50	Zumba	Sports Hall

Day	Time	Class	Location
<b>Wednesday</b>	09.10 - 09.55	Paracise	Sports Hall
	10.10 - 10.55	Zumba	Sports Hall
<b>Friday</b>	09.10 - 09.55	Gentle Exercise	Sports Hall
	10.10 - 10.55	Step Circuits	Sports Hall
	11.10 - 11.55	Step Circuits	Sports Hall

**BOOK NOW ON  
THE XCITE APP**

**Xcite East Calder**

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