

FITNESS TIMETABLE

Day	Time	Class	Location
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Monday	09.00-09.30	Group Cycle	Cycle
	09.40-10.25	AquaFit	Pool
	17.35-18.20	Body Attack	Studio 1
	18.35-19.05	Xcite Core	Studio 1
	19.20-19.50	Functional Training	Studio 1
	20.05-20.50	Body Balance	Studio 1

Tuesday	09.20-10.05	Xcite Sculpt	Studio 1
	10.20-11.05	Body Pump	Studio 1
	18.05-18.50	Xcite Box	Studio 1
	18.30-19.15	RPM LM	Cycle
	19.00-19.45	Body Pump	Studio 1
	20.00-20.30	Xcite Core	Studio 1

Wednesday	09.10-09.40	Xcite Cycle (H)	Cycle
	09.20-10.05	Xcite Sculpt	Studio 1
	10.20-11.05	Body Pump	Studio 1
	11.20-12.05	Gentle Exercise	Studio 1
	17.05-17.35	HIT Step	Studio 1
	17.55-18.25	MetaFit	Studio 1
	18.45-19.30	Body Pump	Studio 1
	19.15-20.00	Group Cycle	Cycle

Day	Time	Class	Location
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Thursday	17.25-18.10	Body Combat	Studio 1
	18.25-19.10	Body Attack	Studio 1

Friday	09.20-10.05	Xcite Fit	Studio 1
	10.20-11.05	Body Step Athletic	Studio 1
	11.20-12.05	Fitness Pilates	Studio 1
	17.20-17.50	Xcite FIT	Studio 1
	18.05-18.35	Xcite Cycle	Cycle

Saturday	09.05-09.35	Kettlercise	Studio 1
	09.10-09.55	Xcite Cycle	Cycle
	09.50-10.20	Fitness Pilates	Studio 1
	10.35-11.20	Body Pump	Studio 1

Sunday	09.30-10.15	Body Step Athletic	Studio 1
	10.05-11.50	Xcite Cycle	Cycle

**BOOK NOW ON
THE XCITE APP**

Xcite Whitburn

T: 01501 229210

XCITE
West Lothian Leisure



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

www.westlothianleisure.com

VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
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Monday	09.15-10.00	Body Combat	Studio
	10.30-11.15	Body Balance	Studio
	10.30-11.00	Sprint	Cycle
	11.30-12.00	Sprint	Cycle
	11.45-12.30	Body Pump	Studio
	13.00-13.30	Sprint	Cycle
	13.15-14.00	Body Attack	Studio
	14.30-15.15	Body Pump	Studio
	15.00-15.30	Sprint	Cycle
	16.00-17.15	Body Balance	Studio
	16.30-17.00	Sprint	Cycle
	18.00-18.30	Sprint	Cycle
	20.00-20.30	Sprint	Cycle

Tuesday	08.30-09.00	Sprint	Cycle
	10.00-10.30	Sprint	Cycle
	11.30-12.00	Sprint	Cycle
	12.00-12.45	Body Pump	Studio
	13.00-13.30	Sprint	Cycle
	15.00-15.45	Body Balance	Studio
	15.30-16.00	Sprint	Cycle
	16.30-17.15	Body Attack	Studio
	17.00-17.30	Sprint	Cycle

Wednesday	10.30-11.00	Sprint	Cycle
	12.00-12.30	Sprint	Cycle
	13.00-13.45	Body Balance	Studio
	14.30-15.00	Sprint	Cycle
	16.00-16.45	Body Attack	Studio
	17.20-17.50	Sprint	Cycle
	20.00-20.45	Body Balance	Studio

Day	Time	Class	Location
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Thursday	08.10-08.40	Sprint	Cycle
	09.00-09.45	Body Attack	Studio
	10.00-10.30	Sprint	Cycle
	10.45-11.30	Body Combat	Studio
	11.30-12.00	Sprint	Cycle
	12.15-13.00	Body Pump	Studio
	13.15-13.45	Sprint	Cycle
	15.00-15.45	Body Balance	Studio
	15.35-16.05	Sprint	Cycle
	17.00-17.30	Sprint	Cycle
	19.00-19.30	Sprint	Cycle
	19.30-20.15	Body Balance	Studio
	20.00-20.30	Sprint	Cycle

Friday	08.30-09.00	Sprint	Cycle
	10.30-11.00	Sprint	Cycle
	12.00-12.30	Sprint	Cycle
	12.30-13.15	Body Attack	Studio
	13.30-14.00	Sprint	Cycle
	15.00-15.30	Sprint	Cycle
	15.00-15.45	Body Pump	Studio
	17.05-17.35	Sprint	Cycle
	19.00-19.45	Body Balance	Studio
	20.00-20.30	Sprint	Cycle

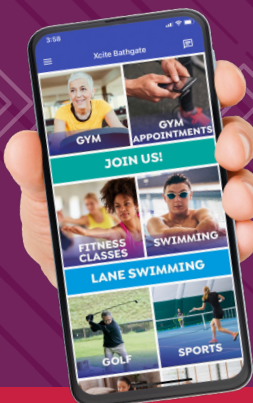
Saturday	10.30-11.00	Sprint	Cycle
	12.30-13.00	Sprint	Cycle
	14.00-14.30	Sprint	Cycle

Sunday	10.30-11.15	Body Pump	Studio
	11.30-12.15	Body Attack	Studio
	12.20-12.50	Sprint	Cycle
	13.00-13.45	Body Balance	Studio
	13.30-14.00	Sprint	Cycle

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