

FITNESS TIMETABLE

Day	Time	Class	Location
Monday	09.40-10.25	Body Attack	Studio 1
	10.45-11.30	Xcite Aqua	Pool
	11.30-12.15	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
	18.20-19.05	LM Tone	Studio 2
	18.30-19.15	Xcite Cycle	Cycle
	18.30-19.15	AquaFit	Pool
	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
	10.15-11.00	Xcite Dance	Studio 1
	11.10-11.55	Paracise	Studio 1
	12.20-13.05	Body Pump	Studio 1
	18.10-18.55	Xcite Cycle	Cycle
	18.20-19.05	Body Attack	Studio 1
	19.15-20.00	Body Pump	Studio 2
	19.20-20.05	Body Step	Studio 1
	19.30-20.15	RPM	Cycle

Wednesday	06.45-07.30	RPM	Cycle
	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	Cycle
	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	Cycle
	19.15-20.00	Xcite Cycle	Cycle
	19.25-20.10	Body Balance	Studio 2
	20.10-20.40	Xcite Boxing Circuits	Studio 1

Friday	06.15-07.00	RPM	Cycle
	06.45-07.30	Body Attack	Studio 1
	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
	19.20-19.50	Fitness Pilates	Studio 1

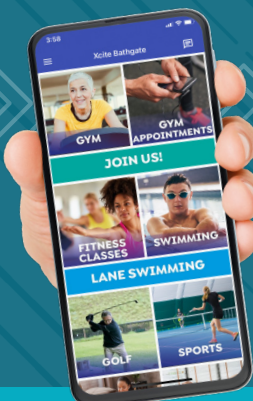
Saturday	09.05-09.50	Body Pump	
	09.20-10.05	Xcite Cycle	
	10.35-11.20	Body Balance	

Sunday	09.00-09.45	RPM	Cycle
	09.10-09.55	Body Combat	Studio 1
	10.10-10.55	Body Step	Studio 1

**BOOK NOW ON
THE XCITE APP**

Xcite Linlithgow

T: 01506 237960



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

Monday

06.15-06.45	Body Pump	Studio 2
06.30-07.00	RPM	Cycle
07.15-08.00	Body Attack	Studio 2
09.15-10.05	RPM	Cycle
10.30-11.00	Core	Studio 2
12.20-13.05	Sh'Bam	Studio 2
12.30-13.20	RPM	Cycle
13.50-14.35	Sh'Bam	Studio 2
16.00-16.50	RPM	Cycle
19.50-20.20	RPM	Cycle

Tuesday

06.15-06.45	RPM	Cycle
06.20-06.50	Body Attack	Studio 2
07.20-07.50	Core	Studio 2
10.30-11.15	Sh'Bam	Studio 2
10.30-11.20	RPM	Cycle
12.10-12.55	Body Pump	Studio 2
12.15-12.45	RPM	Cycle
13.30-14.15	Sh'Bam	Studio 2
14.00-14.50	RPM	Cycle
15.15-16.00	Body Attack	Studio 2
16.00-16.50	RPM	Cycle
17.45-18.15	Core	Studio 2

Wednesday

06.15-06.45	Body Attack	Studio 2
07.15-08.00	Body Pump	Studio 2
08.30-09.15	Sh'Bam	Studio 2
09.00-09.50	RPM	Cycle
10.30-11.00	Core	Studio 2
11.00-11.50	RPM	Cycle
12.00-12.30	RPM	Cycle
12.10-12.55	Body Pump	Studio 2
14.00-14.50	RPM	Cycle
14.30-15.15	Body Attack	Studio 2
16.15-16.45	RPM	Cycle
17.00-17.30	Core	Studio 2
19.15-20.00	Sh'Bam	Studio 2

Day Time Class Location

Thursday

06.15-06.45	RPM	Cycle
06.20-06.50	Body Pump	Studio 2
07.10-08.00	RPM	Cycle
07.20-08.05	Body Attack	Studio 2
09.00-09.30	Core	Studio 2
09.10-10.00	RPM	Cycle
10.20-10.50	RPM	Cycle
10.30-11.15	Sh'Bam	Studio 2
12.10-12.55	Body Attack	Studio 2
12.15-12.45	RPM	Cycle
14.00-14.50	RPM	Cycle
14.05-14.50	Sh'Bam	Studio 2
16.00-16.50	RPM	Cycle

Friday

06.20-06.50	Body Pump	Studio 2
07.30-08.00	RPM	Cycle
08.00-08.45	Body Attack	Studio 2
10.10-11.00	RPM	Cycle
11.00-11.30	Core	Studio 2
12.00-12.45	Body Pump	Studio 2
13.30-14.00	RPM	Cycle
14.00-14.45	Sh'Bam	Studio 2
15.30-16.00	Core	Studio 2
17.10-18.00	RPM	Cycle
17.30-18.15	Body Attack	Studio 2
18.30-19.00	RPM	Cycle

Saturday

10.45-11.15	RPM	Cycle
12.30-13.00	Core	Studio 2
13.10-14.00	RPM	Cycle
13.15-14.00	Body Attack	Studio 2
14.15-15.00	Body Pump	Studio 2
14.30-15.00	RPM	Cycle
15.30-16.15	Sh'Bam	Studio 2
16.10-17.00	RPM	Cycle

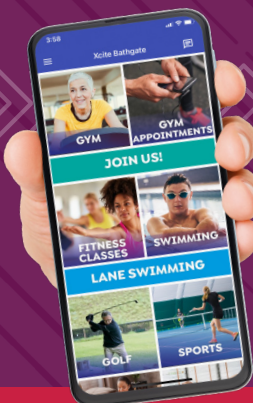
Sunday

10.00-10.30	Core	Studio 2
10.25-11.15	RPM	Cycle
11.00-11.45	Body Attack	Studio 2
12.00-12.45	Sh'Bam	Studio 2
13.30-14.15	Body Pump	Studio 2
13.45-14.15	RPM	Cycle
14.30-15.00	Core	Studio 2
15.00-15.50	RPM	Cycle
16.00-16.45	Sh'Bam	Studio 2
17.00-17.30	RPM	Cycle

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