

FITNESS TIMETABLE

Day	Time	Class	Location
Monday	09.30-10.15	Body Pump	Studio 1
	09.45-10.30	PiYo	Studio 2
	10.30-11.15	Body Balance	Studio 1
	11.00-11.45	Paracise	Sports Hall
	16.00-17.00	Ballroom Dancing	Studio 2
	17.25-18.10	Body Combat	Studio 1
	18.10-18.55	Xcite Cycle	Cycle Studio
	18.15-19.00	P90X	Studio 2
	18.20-19.05	Sh'Bam	Studio 1
	19.15-20.00	Body Attack	Studio 2
	19.30-20.30	Body Pump	Studio 1
	20.10-20.55	Body Balance	Studio 2

Tuesday	08.45-09.30	Gentle Exercise	Studio 1
	10.00-10.45	Body Pump	Studio 1
	11.00-11.45	Power Stretch	Studio 1
	17.30-18.30	Kettlebell Circuits	Studio 1
	18.10-18.55	Xcite Cycle	Cycle Studio
	18.40-19.25	Body Attack	Studio 1
	19.40-20.40	Body Combat	Studio 1

Wednesday	09.30-10.15	Yoga	Studio 1
	11.40-12.25	Paracise	Sports Hall
	14.30-15.15	Fit Step	Studio 1
	17.45-18.45	Kettlebell Circuits	Studio 1
	18.00-18.45	Yoga	Studio 2
	18.10-18.55	Xcite Cycle	Cycle Studio
	19.00-19.45	Body Pump	Studio 1
	19.05-19.50	Sh'bam	Studio 2
	20.00-20.45	Body Balance	Studio 1

Day	Time	Class	Location
Thursday	08.45-09.30	Gentle Exercise	Studio 1
	09.35-10.20	Body Pump	Studio 1
	10.35-11.20	Power Stretch	Studio 1
	17.15-18.00	P90X	Studio 1
	18.00-19.00	PiYo	Studio 2
	18.15-19.00	Body Pump	Studio 1
	19.15-20.00	Body Combat	Studio 1

Friday	09.00-09.45	Yoga	Studio 1
	10.10-10.55	Body Balance	Studio 1
	10.20-11.05	Xcite Cycle	Cycle Studio
	11.15-12.00	Pilates	Studio 1
	17.30-18.30	Body Pump	Studio 1
	17.45-18.30	Sh'Bam	Studio 2

Saturday	09.05-10.05	Kettlebell Circuits	Studio 1
	09.10-09.55	Xcite Cycle	Cycle Studio
	10.15-11.00	Body Pump	Studio 1
	11.15-12.00	Body Balance	Studio 1

Sunday	09.10-10.10	Body Combat	Studio 1
	14.00-14.45	Line Dance Abs Beg	Sports Hall
	15.00-15.45	Line Dance Beg	Sports Hall
	16.00-16.45	Line Dancing Inter	Sports Hall
	18.15-19.00	Sh'Bam	Studio 1

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Xcite Craigswood

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VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	06.45-07.30	RPM	Cycle
	07.00-07.45	Body Pump	Studio 2
	08.00-08.45	RPM	Cycle
	08.00-08.45	Body Balance	Studio 2
	09.15-09.45	Sprint	Cycle
	12.00-12.45	RPM	Cycle
	12.15-13.00	Body Balance	Studio 2
	17.00-17.45	Body Pump	Studio 2
	20.00-20.45	RPM	Cycle

Tuesday	06.45-07.30	RPM	Cycle
	07.00-07.45	Body Pump	Studio 2
	08.00-08.45	RPM	Cycle
	08.00-08.45	Body Balance	Studio 2
	09.15-09.45	Sprint	Cycle
	12.00-12.45	The Trip	Cycle
	12.15-13.00	Body Pump	Studio 2
	17.00-17.45	RPM	Cycle
	17.00-17.45	Body Pump	Studio 2
Wednesday	06.45-07.30	RPM	Cycle
	07.00-07.45	Body Pump	Studio 2
	08.00-08.45	Body Balance	Studio 2
	09.25-09.10	Body Pump	Studio 2
	10.15-11.00	The Trip	Cycle
	12.00-12.45	RPM	Cycle
	12.15-13.00	Body Balance	Studio 2
	17.00-17.45	Body Pump	Studio 2
	20.15-21.00	Body Balance	Studio 2

Day	Time	Class	Location
Thursday	06.45-07.30	RPM	Cycle
	07.00-07.45	Body Pump	Studio 2
	08.00-08.45	Body Balance	Studio 2
	11.00-11.00	Sprint	Cycle
	12.00-12.45	The Trip	Cycle
	12.15-13.00	Body Pump	Studio 2
	17.00-17.45	RPM	Cycle
	17.00-17.45	Body Pump	Studio 2
	18.15-18.45	Sprint	Cycle
Friday	19.15-19.45	Body Balance	Studio 2
	20.00-20.45	The Trip	Cycle
	07.00-07.45	RPM	Cycle
	07.30-08.15	Body Pump	Studio 2
	08.00-08.45	Sprint	Cycle
	08.30-09.15	Body Balance	Studio 2
	11.15-12.00	Pilates	Studio 1
	12.00-12.45	Body Pump	Studio 2
	12.30-13.15	RPM	Cycle
Saturday	19.00-19.45	Sprint	Cycle
	19.00-19.45	Virtual Sprint	Cycle
	10.30-11.15	The Trip	Cycle
	13.15-13.45	Sprint	Cycle
Sunday	10.30-11.15	RPM	Cycle
	12.00-12.45	The Trip	Cycle
	13.15-13.45	Sprint	Cycle



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