

# VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	06:15-06:45	Sprint	Cycle
	06:30-07:00	Body Combat	Studio 2
	07:30-08:15	Body Pump	Studio 2
	09:00-09:45	Body Balance	Studio 2
	10:30-11:00	Body Combat	Studio 2
	11:15-11:45	Body Pump	Studio 2
	12:00-12:45	RPM	Cycle
	12:30-13:15	Body Pump	Studio 2
	13:30-14:00	Sprint	Cycle
	13:30-14:15	Body Balance	Studio 2
	15:30-16:15	Body Pump	Studio 2
	17:00-17:30	Sprint	Cycle
	19:30-20:15	RPM	Cycle

Tuesday	06:15-07:00	RPM	Cycle
	06:30-07:15	Body Pump	Studio 2
	07:30-08:00	Sprint	Cycle
	07:45-08:15	Body Balance	Studio 2
	08:30-09:15	Body Combat	Studio 2
	10:30-11:15	RPM	Cycle
	12:00-12:45	Body Pump	Studio 2
	12:30-13:15	RPM	Cycle
	13:00-13:45	Body Balance	Studio 2
	16:00-16:45	Body Combat	Studio 2
	16:30-17:00	Sprint	Cycle
	18:15-18:45	Sprint	Cycle
	20:15-20:45	Sprint	Cycle

Wednesday	06:15-07:00	RPM	Cycle
	07:00-07:45	Body Pump	Studio 2
	08:00-08:45	Body Balance	Studio 2
	09:30-10:00	Sprint	Cycle
	10:00-10:45	Body Combat	Studio 2
	12:00-12:45	Body Pump	Studio 2
	13:00-13:45	Body Balance	Studio 2
	17:00-17:45	RPM	Cycle
	20:15-20:45	Sprint	Cycle

During times when the studios are free, visit any venue to take part in a virtual class of your choosing. Contact your local Xcite reception for more details.



**BOOK NOW ON THE XCITE APP**

Day	Time	Class	Location
Thursday	07:00-07:45	Body Combat	Studio 2
	07:15-07:45	Sprint	Cycle
	08:30-09:15	Body Pump	Studio 2
	09:30-10:00	Sprint	Cycle
	09:30-10:15	Body Balance	Studio 2
	12:30-13:15	Body Pump	Studio 2
	18:15-19:00	RPM	Cycle
	19:30-20:15	Body Pump	Studio 2
	20:00-20:30	Sprint	Cycle
	Friday	06:15-06:45	Sprint
07:00-07:45		Body Combat	Studio 2
08:30-09:15		Body Pump	Studio 2
09:30-10:00		Sprint	Cycle
09:30-10:15		Body Balance	Studio 2
12:00-12:45		Body Pump	Studio 2
12:30-13:15		RPM	Cycle
13:00-13:45		Body Combat	Studio 2
16:00-16:45		RPM	Cycle
18:15-19:00		RPM	Cycle
Saturday	09:00-09:45	Body Pump	Studio 2
	10:00-10:45	Body Combat	Studio 2
	11:00-11:30	Sprint	Cycle
	11:00-11:45	Body Balance	Studio 2
	13:00-13:45	RPM	Cycle
	14:15-14:45	Sprint	Cycle
	Sunday	09:00-09:45	Body Pump
09:30-10:00		Sprint	Cycle
10:00-10:45		Body Combat	Studio 2
11:00-11:45		Body Balance	Studio 2
11:15-12:00		RPM	Cycle
13:00-13:30		Sprint	Cycle

**Xcite Bathgate**

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