

VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	06:45-07:30	RPM	Cycle Studio
	07:00-07:30	Body Pump Xpress	Studio 2
	09:00-09:45	Body Pump	Studio 2
	10:45-11:30	RPM	Cycle Studio
	11:00-11:45	Sh'Bam	Studio 2
	11:45-12:30	The Trip	Cycle Studio
	12:00-12:30	Body Attack Xpress	Studio 2
	16:45-17:30	The Trip	Cycle Studio
	17:00-17:45	Body Pump	Studio 2
17:45-18:30	RPM	Cycle Studio	
Tuesday	09:00-09:45	Body Pump	Studio 2
	09:00-09:45	RPM	Cycle Studio
	10:00-10:45	Body Attack	Studio 2
	10:00-10:45	The Trip	Cycle Studio
	17:00-17:45	RPM	Cycle Studio
17:15-18:00	Body Pump	Studio 2	
Wednesday	07:00-07:30	Body Attack Xpress	Studio 2
	06:45-07:30	RPM	Cycle Studio
	08:00-08:45	Body Pump	Studio 2
	08:45-09:30	The Trip	Cycle Studio
	10:00-10:45	Body Pump	Studio 2
	13:00-13:45	Sh'Bam	Studio 2
	17:45-18:15	RPM Xpress	Cycle Studio
	18:00-18:45	Body Pump	Studio 2
	18:45-19:30	The Trip	Cycle Studio

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.



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Day	Time	Class	Location
Thursday	09:00-09:45	Body Pump	Studio 2
	10:00-10:45	RPM	Studio 2
	12:30-13:15	The Trip	Cycle Studio
	17:00-17:45	The Trip	Cycle Studio
	17:30-18:15	Body Attack	Studio 2
	18:00-18:45	RPM	Cycle Studio
Friday	06:45-07:30	RPM	Cycle Studio
	07:00-07:45	Body Attack	Studio 2
	07:45-08:15	RPM Xpress	Cycle Studio
	08:45-09:30	The Trip	Cycle Studio
	09:30-10:15	Body Pump	Studio 2
	18:00-18:45	Sh'Bam	Studio 2
	18:00-18:45	RPM	Cycle Studio
	19:00-20:00	Body Attack	Studio 2
Saturday	09:30-10:30	Body Pump	Studio 2
	09:45-10:30	RPM	Cycle Studio
	10:45-11:30	The Trip	Cycle Studio
	11:30-12:15	Sh'Bam	Studio 2
	12:30-13:00	Body Attack Xpress	Studio 2
Sunday	09:15-09:45	RPM Express	Cycle Studio
	11:15-12:00	The Trip	Cycle Studio
	11:45-12:30	Body Pump	Studio 2
	12:45-13:30	Sh'Bam	Studio 2

Xcite Broxburn

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