

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 |
| | 20:15-21:00 | 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 |
| 20:15-21:00 | The Trip | Cycle | |
| 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 |
| | 10:30-11:15 | The Trip | Cycle |
| | 12:00-12:45 | RPM | Cycle |
| | 12:15-13:00 | Body Balance | Studio 2 |
| | 17:00-17:30 | RPM | Cycle |
| | 17:00-17:30 | 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 | |
| | 11:00-11:30 | 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 | |
| | 18:15-19:00 | Sprint | Cycle | |
| Friday | 07:00-07:45 | RPM | Cycle | |
| | 07:30-08:15 | Body Pump | Studio 2 | |
| | 08:00-08:30 | Sprint | Cycle | |
| | 08:30-09:15 | Body Balance | Studio 2 | |
| | 12:15-13:00 | Body Pump | Studio 2 | |
| | 12:30-13:00 | RPM | Cycle | |
| | 19:00-19:45 | Sprint | Cycle | |
| | Saturday | 10:30-11:15 | The Trip | Cycle |
| | | 12:00-12:45 | RPM | 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 | |

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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