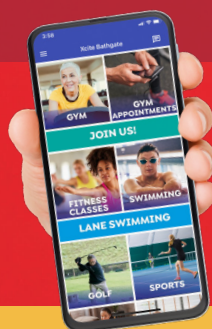


VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	06:15-06:45	Body Pump	Studio 2
	06:30-07:00	RPM	Cycle
	07:15-08:00	Body Combat	Studio 2
	09:15-10:05	RPM	Cycle
	10:30-11:00	Core	Studio 2
	12:20-13:05	Body Balance	Studio 2
	12:30-13:20	RPM	Cycle
	13:50-14:35	Body Balance	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 Combat	Studio 2
	07:20-07:50	Core	Studio 2
	10:30-11:15	Body Balance	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	Body Balance	Studio 2
	14:00-14:50	RPM	Cycle
	15:15-16:00	Body Combat	Studio 2
	16:00-16:50	RPM	Cycle
	17:45-18:15	Core	Studio 2
Wednesday	06:15-06:45	Body Combat	Studio 2
	07:15-08:00	Body Pump	Studio 2
	08:30-09:15	Body Balance	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 Combat	Studio 2
	16:15-16:45	RPM	Cycle
17:00-17:30	Core	Studio 2	
19:15-20:00	Body Balance	Studio 2	

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	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 Combat	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	Body Balance	Studio 2	
	12:10-12:55	Body Combat	Studio 2	
	12:15-12:45	RPM	Cycle	
	14:00-14:50	RPM	Cycle	
	14:05-14:50	Body Balance	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 Combat	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		Body Balance	Studio 2	
15:30-16:00		Core	Studio 2	
17:10-18:00		RPM	Cycle	
17:30-18:15		Body Combat	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 Combat	Studio 2	
	14:15-15:00	Body Pump	Studio 2	
	14:30-15:00	RPM	Cycle	
	15:30-16:15	Body Balance	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 Combat	Studio 2
12:00-12:45		Body Balance	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		Body Balance	Studio 2	
17:00-17:30		RPM	Cycle	

Xcite Linlithgow

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