

VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
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Monday	09:15-10:00	Body Combat	Studio
	10:15-11:00	Body Pump	Studio
	10:30-11:00	Sprint	Cycle
	11:15-11:45	Sh'Bam	Studio
	11:30-12:00	Sprint	Cycle
	12:00-12:45	Body Attack	Studio
	13:00-13:30	Sprint	Cycle
	13:15-14:00	Body Combat	Studio
	14:30-15:15	Body Pump	Studio
	15:00-15:30	Sprint	Cycle
	16:00-16:45	Sh'Bam	Studio
	16:30-17:00	Sprint	Cycle
18:00-18:30	Sprint	Cycle	
20:00-20:30	Sprint	Cycle	

Tuesday	08:30-09:00	Sprint	Cycle
	10:00-10:30	Sprint	Cycle
	11:30-12:00	Sprint	Cycle
	12:00-12:45	Sh'Bam	Studio
	13:00-13:30	Sprint	Cycle
	15:00-15:45	Body Attack	Studio
	15:30-16:00	Sprint	Cycle
	17:00-17:30	Sprint	Cycle

Wednesday	10:30-11:00	Sprint	Cycle
	12:00-12:30	Sprint	Cycle
	13:00-13:45	Body Combat	Studio
	14:30-15:00	Sprint	Studio
	16:00-16:45	Body Attack	Studio
	17:30-18:00	Sprint	Cycle
	20:00-20:45	Sh'Bam	Studio

Day	Time	Class	Location
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Thursday	08:10-08:40	Sprint	Cycle
	09:00-09:45	Body Attack	Studio
	10:00-10:30	Sprint	Cycle
	10:45-11:30	Body Combat	Studio
	11:30-12:00	Sprint	Cycle
	12:00-12:45	Body Pump	Studio
	15:00-15:45	Sh'Bam	Studio
	15:30-16:00	Sprint	Cycle
	17:00-17:30	Sprint	Cycle
	19:00-19:30	Sprint	Cycle
	19:30-20:15	Body Pump	Studio
20:00-20:30	Sprint	Cycle	

Friday	08:30-09:00	Sprint	Cycle
	10:30-11:00	Sprint	Cycle
	12:00-12:30	Sprint	Cycle
	12:30-13:15	Body Attack	Studio
	13:30-14:00	Sprint	Cycle
	15:00-15:30	Sprint	Cycle
	15:00-15:45	Body Pump	Studio
	17:00-17:30	Sprint	Cycle
19:00-19:45	Sh'Bam	Studio	
20:00-20:30	Sprint	Cycle	

Saturday	10:30-11:00	Sprint	Cycle
	12:30-13:00	Sprint	Cycle
	14:00-14:30	Sprint	Cycle

Sunday	10:30-11:15	Body Pump	Studio
	11:30-12:15	Body Attack	Studio
	12:30-13:00	Sprint	Cycle
	13:00-13:45	Sh'Bam	Studio
	13:30-14:00	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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