

FITNESS TIMETABLE

Day	Time	Class	Location
Monday	10:00-11:00	Pilates	Studio 1
	11:15-12:00	Full Body Indoor	
		Fitness Walking	Studio 1
	12:00-12:45	Line Dancing Beg	Sports Hall
	13:00-13:45	Line Dancing Int	Sports Hall
	17:10-17:55	Elevated	
		Fitness Walking	Studio 1
	18:00-18:45	Sculpt	Studio 1
	18:50-19:35	Body Combat	Studio 1
	19:00-20:00	Fusion Flow	Studio 2
	19:45-20:45	Body Pump	Studio 1
Tuesday	09:50-10:35	Mum & Me Fitness	Studio 1
	11:00-11:45	Xcite Cycle	Cycle Studio
	11:00-11:45	Paracise	Studio 1
	12:00-12:45	Line Dancing Beg	Studio 1
	13:00-13:45	Line Dancing Int	Studio 1
	18:00-18:45	Kettlercise	Studio 1
	18:15-19:00	Fitsteps	Studio 2
	18:20-19:05	Xcite Cycle	Cycle Studio
	18:50-19:20	Xcite Core	Studio 1
	19:15-20:15	Vinyasa Yoga	Studio 2
Wednesday	10:00-10:45	Xcite Cycle	Cycle Studio
	10:30-11:15	EasyLine	Sports Hall
	11:00-12:00	Gentle Yoga	Studio 2
	11:30-12:00	Gentle Stretch & Tone	Sports Hall
	13:00-13:45	Fitsteps	Studio 1
	18:00-18:45	Body Combat	Studio 1
	19:00-19:45	Paracise	Studio 1
	19:00-19:45	Xcite Box	Studio 2

Day	Time	Class	Location
Thursday	10:00-10:30	Gentle Stretch & Tone	Studio 2
	10:45-11:30	Easy Line	Sports Hall
	11:00-12:00	Zumba	Studio 1
	18:10-18:40	Xcite Fit	Studio 1
	18:45-19:15	Xcite Core	Studio 1
	19:15-20:15	Vinyasa Yoga	Studio 2
	19:30-20:30	Body Pump	Studio 1
Friday	09:30-10:15	Easy Line	Sports Hall
	10:15-11:00	Full Body Indoor	
		Fitness Walking	Studio 1
	10:30-11:15	Easy Line - Ref class	Sports Hall
Saturday	10:45-11:45	Vinyasa Yoga	Studio 2
	09:10-10:10	Body Combat	Studio 1
	10:15-11:00	Paracise	Studio 1
	11:15-12:00	Absolute Beg Line Dance	Studio 1
Sunday	10.00-11.00	Vinyasa Yoga	Studio 2
	10.00-10.45	Xcite Cycle	Cycle Studio

Last Sunday of the month extended Vinyasa Yoga starting at 09.30 instead of 10.00.

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THE XCITE APP**

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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
Wednesday	17:15-18:00	Body Pump	Studio 2
	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

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