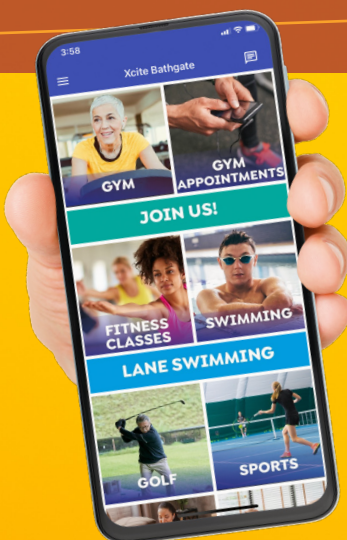


FITNESS TIMETABLE

Day	Time	Class	Location
Monday	09:30-10:15	Body Pump	Studio 1
	09:45-10:30	PiYo	Studio 2
	10:30-11:15	Body Balance	Studio 1
	11:15-12:00	Paracise	Sports Hall
	16:00-17:00	Ballroom Dancing	Studio 1
	17:25-18:10	Body Combat	Studio 1
	18:10-18:55	Xcite Cycle	Cycle Studio
	18:15-19:00	P90X	Studio 2
	18:20-19:05	Sh'Bam	Studio 1
	19:15-20:00	Body Attack	Studio 2
	19:30-20:30	Body Pump	Studio 1
	20:10-20:55	Body Balance	Studio 2
Tuesday	08:45-09:30	Gentle Exercise	Studio 1
	09:35-10:20	Body Pump	Studio 1
	10:30-11:15	Xcite Power Stretch	Studio 1
	17:30-18:30	Kettlebell Circuits	Studio 1
	18:10-18:55	Xcite Cycle	Cycle Studio
	18:40-19:25	Body Attack	Studio 1
	19:30-20:30	Body Combat	Studio 1
Wednesday	09:30-10:30	Vinyasa Yoga	Studio 1
	11:40-12:25	Paracise	Sports Hall
	14:30-15:15	Step Circuit	Studio 1
	17:45-18:45	Kettlebell Circuits	Studio 1
	18:00-18:45	Xcite Cycle	Cycle Studio
	18:00-19:00	Vinyasa Yoga	Studio 2
	19:00-19:45	Body Pump	Studio 1
	19:10-19:55	Sh'Bam	Studio 2
	20:00-20:45	Body Balance	Studio 1

Day	Time	Class	Location
Thursday	08:45-09:30	Gentle Exercise	Studio 1
	09:35-10:20	Body Pump	Studio 1
	10:30-11:15	Xcite Power Stretch	Studio 1
	17:15-18:00	P90X	Studio 1
	18:00-19:00	PiYo	Studio 2
	18:15-19:00	Body Pump	Studio 1
	19:15-20:00	Body Combat	Studio 1
Friday	09:00-10:00	Vinyasa Yoga	Studio 1
	10:10-11:05	Body Balance	Studio 1
	10:20-11:05	Xcite Cycle	Cycle Studio
	11:15-12:00	Pilates	Studio 1
	13:00-13:45	Stretch and Tone	Studio 1
	17:30-18:30	Body Pump	Studio 1
	17:45-18:30	Sh'Bam	Studio 2
Saturday	09:05-10:05	Kettlebell Circuits	Studio 1
	09:10-09:55	Xcite Cycle	Cycle Studio
	10:15-11:00	Body Pump	Studio 1
	11:15-12:00	Body Balance	Studio 1
Sunday	09:10-10:10	Body Combat	Studio 1
	14:00-14:45	Line Dancing Abs Beg	Studio 1
	15:00-15:45	Line Dancing Beg	Studio 1
	16:00-16:45	Line Dancing Intermediate	Studio 1
	18:15-19:00	Sh'Bam	Studio 1



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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

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	06:45-07:30	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	19:15-20:00	Body Balance	Studio 2
	20:00-20:45	The Trip	Cycle
Saturday	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
Sunday	19:00-19:45	Sprint	Cycle
	10:30-11:15	The Trip	Cycle
	12:00-12:45	RPM	Cycle
	13:15-13:45	Sprint	Cycle

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XCITE
West Lothian Leisure



West Lothian Leisure (known as Xcite) is a Scottish Charity, SC027470.

www.westlothianleisure.com