

FITNESS TIMETABLE

Day	Time	Class	Location
Monday	09:30-10:30	Xcite Dance	Studio 1
	10:45-11:30	Xcite Aqua	Pool
	11:30-12:15	Body Pump	Studio 1
	12:40-13:25	Paracise	Studio 1
	13:40-14:25	Yoga	Studio 1
	18:00-19:00	Body Combat	Studio 1
	18:20-19:05	LM Tone	Studio 2
	18:30-19:15	Xcite Cycle	Cycle
	18:30-19:15	Aquafit	Pool
	19:10-19:55	Body Pump	Studio 1
	20:15-21:00	Xcite Fit	Studio 2
	20:20-21:05	Body Balance	Studio 1

Tuesday	09:15-10:00	Xcite Dance	Studio 1
	10:10-10:55	Xcite Aqua	Pool
	10:15-11:00	Xcite Dance	Studio 1
	11:10-11:55	Paracise	Studio 1
	12:20-13:05	Body Pump	Studio 1
	18:10-18:55	Xcite Cycle	Cycle
	18:20-19:05	Body Attack	Studio 1
	19:10-20:10	Body Step	Studio 1
	19:15-20:00	Body Pump	Studio 2
	19:15-20:00	RPM	Cycle

Wednesday	06:45-07:30	RPM	Cycle
	09:30-10:15	Gentle Exercise	Studio 1
	10:30-11:15	Xcite Sculpt	Studio 1
	12:00-13:00	Body Balance	Studio 1
	18:05-18:50	Xcite Cycle	Cycle
	18:10-18:55	Kettlercise	Studio 2
	18:20-19:05	Body Step	Studio 1
	19:15-20:15	Body Pump	Studio 1

Day	Time	Class	Location
Thursday	08:50-09:35	Xcite Aqua	Pool
	09:30-10:15	Body Pump	Studio 1
	09:50-10:35	Xcite Aqua	Pool
	10:45-11:30	Xcite Dance	Studio 1
	12:15-12:45	LM Tone	Studio 1
	13:00-13:45	Body Balance	Studio 1
	18:10-18:55	Body Attack	Studio 1
	18:15-19:00	Xcite Cycle	Cycle
	19:15-20:00	Xcite Cycle	Cycle
	19:25-20:10	Body Balance	Studio 1
	20:10-20:40	Xcite Boxing Circuits	Studio 2
Friday	06:15-07:00	RPM	Cycle
	06:45-07:30	Body Combat	Studio 1
	09:15-10:00	Gentle Exercise	Studio 1
	10:05-11:05	Step & Tone	Studio 1
	13:00-13:45	Body Pump	Studio 1
	18:20-19:05	Body Pump	Studio 1
Saturday	09:05-10:05	Body Pump	Studio 1
	09:20-10:05	Xcite Cycle	Cycle
	10:35-11:20	Body Balance	Studio 1
Sunday	09:00-09:45	RPM	Cycle
	09:10-10:10	Body Combat	Studio 1
	10:15-11:15	Body Step	Studio 1

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THE XCITE APP**

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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
Saturday	18:30-19:00	RPM	Cycle
	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

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