

FITNESS TIMETABLE

Day	Time	Class	Location
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Monday	09:00-09:45	AquaFit	Pool
	09:15-09:45	Gentle Exercise	Studio
	10:00-10:45	AquaFit	Pool
	10:00-11:00	Body Pump	Studio
	11:15-11:45	Body Balance	Studio
	17:30-18:30	Body Pump	Studio
	19:20-20:05	Kettlercise	Studio
	20:15-21:15	Queenax Box	Studio

Tuesday	09:00-09:45	Aqua Zumba	Pool
	09:15-10:00	Body Balance	Studio
	10:15-11:00	Body Attack	Studio
	11:15-12:00	Body Pump	Studio
	17:15-17:45	Group Cycle	Cycle Area
	18:00-18:45	Yoga	Studio
	19:00-19:45	Body Step	Studio

Wednesday	09:00-09:45	AquaFit	Pool
	09:05-09:35	Xcite Core	Studio
	09:45-10:30	Body Attack	Studio
	10:45-11:30	Kettlercise	Studio
	18:15-19:00	Queenax Circuits	Studio
	19:15-20:00	Piyo	Studio

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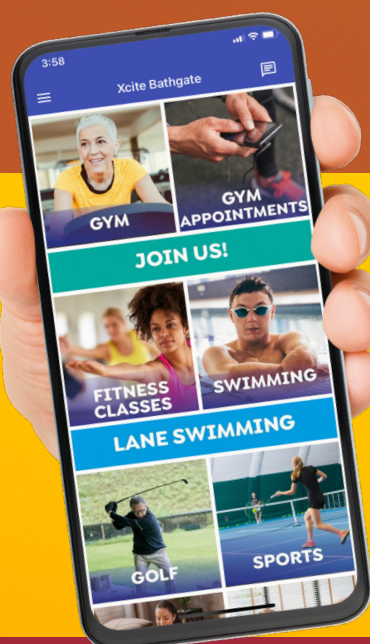
Thursday	09:00-9:45	AquaFit	Pool
	10:30-11:00	Xcite Core	Studio
	17:10-17:55	Zumba	Studio
	18:00-19:00	Body Attack	Studio
	19:00-20:00	Body Pump	Studio
	9:30-10:15	Xcite Circuits	Studio

Friday	09:00-09:45	AquaFit	Pool
	09:15-09:45	Gentle Exercise	Studio
	10:00-10:45	Body Pump	Studio
	10:55-11:25	Body Balance	Studio
	18:45-19:00	Paracise	Studio
	19:05-19:50	MIND	Studio

Saturday	09:15-10:00	Xcite Cycle	Cycle Area
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Sunday	09:40-10:25	Body Attack	Studio
	10:45-11:30	Body Pump	Studio

**BOOK NOW ON
THE XCITE APP**



Xcite Livingston

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VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	08:00-08:30	Body Balance	Studio
	09:30-10:00	RPM	Cycle Area
	12:30-13:00	Core	Studio
	16:00-16:45	Body Combat	Studio
	18:40-19:10	Core	Studio
Tuesday	08:30-09:00	Core	Studio
	07:20-07:50	RPM	Cycle Area
	12:00-12:30	RPM	Cycle Area
	13:15-13:45	Core	Studio
	19:30-20:15	RPM	Cycle Area
Wednesday	07:20-07:50	RPM	Cycle Area
	08:00-08:30	Balance	Studio
	12:15-12:45	LM Core	Studio
	13:00-13:30	RPM XPRESS	Cycle Area
	19:30-20:15	RPM	Cycle Area

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	07:20-07:50	RPM	Cycle Area
	08:30-09:00	Combat	Studio
	11:00-12:00	Body Pump	Studio
	13:00-13:30	SPRINT	Cycle Area
	19:30-20:15	RPM	Cycle Area
Friday	07:20-07:50	RPM	Cycle Area
	12:00-12:30	Core	Studio
	12:00-12:30	RPM	Studio
	18:15-19:00	RPM	Cycle Area
Saturday	10:15-11:00	Body Pump	Studio
	11:15-12:00	Balance	Studio
Sunday	09:00-09:30	RPM	Cycle Area
	12:00-12:30	Combat	Studio
	12:00-12:30	RPM	Cycle Area
	13:00-13:30	Core	Studio

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