

FITNESS TIMETABLE

Day	Time	Class	Location
Monday	09:00-09:30	Group Cycle	Cycle
	09:40-10:25	AquaFit	Pool
	17:35-18:20	Body Attack	Studio 1
	18:30-19:00	Xcite Core	Studio 1
	19:05-19:35	Functional Training	Studio 1
	19:45-20:45	Body Balance	Studio 1

Tuesday	09:20-10:05	Xcite Sculpt	Studio 1
	10:10-10:55	Body Pump	Studio 1
	17:15-17:45	Hiit Class	Studio 1
	18:00-18:45	Xcite Box	Studio 1
	18:00-18:45	RPM LM	Cycle
	19:00-19:45	Body Pump	Studio 1

Wednesday	09:10-09:40	Xcite Cycle (H)	Cycle
	09:20-10:05	Xcite Sculpt	Studio 1
	10:10-10:55	Body Pump	Studio 1
	11:05-11:50	Gentle Exercise	Studio 1
	18:30-19:15	Body Pump	Studio 1

Day	Time	Class	Location
Thursday	13:00-13:45	Gentle Exercise	Studio 1
	14:00-14:45	Paracise	Studio 1
	17:25-18:10	Body Combat	Studio 1
	18:15-19:05	Body Attack	Studio 1

Friday	08:10-08:55	AquaFit	Pool
	09:20-10:05	Xcite Fit	Studio 1
	10:10-10:55	Body Step Athletic	Studio 1
	11:20-12:05	Fitness Pilates	Studio 1
	17:20-17:50	Xcite FIT	Studio 1
	18:00-18:45	Xcite Cycle	Cycle

Saturday	09:05-09:35	Kettlercise	Studio 1
	09:10-09:55	Xcite Cycle	Cycle
	09:40-10:10	Fitness Pilates	Studio 1
	10:20-11:05	Body Pump	Studio 1

Sunday	09:30-10:30	Body Step Athletic	Studio 1
	10:05-11:50	Xcite Cycle	Cycle



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THE XCITE APP**

Xcite Whitburn

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VIRTUAL FITNESS CLASSES

Day Time Class Location

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

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	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

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