

FITNESS TIMETABLE

Day	Time	Class	Location
Monday	09:00-09:30	Gentle Exercise	Studio 3
	09:40-10:25	Xcite Cycle	Cycle Studio
	09:50-10:35	Xcite Aqua	Pool
	10:45-11:30	Les Mills Body Pump	Studio 3
	12:30-13:15	Kettlercise	Studio 3
	17:40-18:25	Xcite Cycle	Cycle Studio
	18:00-18:30	Les Mills Core	Studio 2
	18:05-19:05	Les Mills Body Pump	Studio 3
	18:20-19:05	Paracise	Studio 1
	18:35-19:05	Les Mills Sprint	Cycle Studio
	19:00-19:45	Xcite Sculpt	Studio 2
	19:15-20:00	Les Mills Body Step	Studio 3
	19:15-20:15	Les Mills Body Attack	Studio 1
Tuesday	09:00-10:00	Hatha Yoga	Studio 1
	09:20-10:05	Xcite Cycle	Cycle Studio
	10:15-10:45	Les Mills Core	Studio 3
	11:00-11:45	Fitness Pilates	Studio 3
	12:15-13:00	Xcite FIT	Gym
	17:10-17:55	Fit Ropes	Studio 1
	17:30-18:00	Kettlercise	Studio 3
	17:45-18:30	Xcite Cycle	Cycle Studio
	18:05-19:05	Les Mills Body Attack	Studio 1
	18:15-19:00	Xcite FIT	Studio 2
	18:15-20:00	Les Mills Body Pump	Studio 3
	19:10-19:55	Xcite Cycle	Cycle Studio
	19:10-20:10	Les Mills Body Jam	Studio 1
	19:15-20:00	Xcite Circuits	Studio 3
Wednesday	09:00-09:30	Gentle Exercise	Studio 3
	09:15-10:00	Xcite FIT	Gym
	09:40-10:25	Kettlercise	Studio 3
	10:30-11:15	Xcite Cycle	Cycle Studio
	17:00-17:45	Fit Ropes	Studio 1
	17:40-18:10	Les Mills Core	Studio 3
	18:00-18:45	Xcite Cycle	Cycle Studio
	18:15-19:00	Kettlercise	Studio 1
	18:30-19:15	Les Mills Body Pump	Studio 3
	19:05-20:05	Les Mills Body Attack	Studio 1
	19:30-20:15	Les Mills Body Balance	Studio 3

Day	Time	Class	Location
Thursday	06:20-07:05	Xcite FIT	Gym
	09:00-09:30	Gentle Exercise	Studio 3
	09:40-10:40	Les Mills Body Step	Studio 3
	09:50-10:35	Xcite Aqua	Pool
	11:15-12:00	Xcite Cycle	Cycle Studio
	17:15-18:00	Fit Ropes	Studio 1
	17:30-18:00	Les Mills Sprint	Cycle Studio
	18:05-18:50	Kettlercise	Studio 3
	18:30-19:15	Les Mills Tone	Studio 1
	19:00-19:45	Les Mills Body Attack	Studio 3
	19:30-20:30	Les Mills Body Jam	Studio 1
Friday	09:20-10:20	Les Mills Body Attack	Studio 3
	10:05-10:50	Paracise	Studio 1
	17:15-18:00	Xcite Cycle	Cycle Studio
	18:10-18:55	Xcite FIT	Studio 1
Saturday	09:10-10:10	Les Mills Body Jam	Studio 1
	09:15-10:00	Kettlercise	Studio 3
	10:10-10:55	Xcite Cycle	Cycle Studio
	10:20-11:20	Les Mills Body Pump	Studio 3
	10:25-11:10	Les Mills Tone	Studio 1
Sunday	08:45-09:15	Kettlercise	Studio 1
	09:20-10:20	Les Mills Body Attack	Studio 1
	10:25-10:55	Les Mills Sprint	Cycle Studio



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THE XCITE APP**

XCITE
West Lothian Leisure



Xcite Bathgate

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

www.westlothianleisure.com

VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	06:15-06:45	Sprint	Cycle
	06:30-07:00	Body Combat	Studio 2
	07:00-07:45	Sprint	Cycle
	07:30-08:15	Body Pump	Studio 2
	08:00-08:45	Sprint	Cycle
	09:00-09:45	Body Balance	Studio 2
	10:30-11:00	Body Combat	Studio 2
	11:15-11:45	Body Pump	Studio 2
	12:00-12:45	RPM	Cycle
	12:30-13:15	Body Pump	Studio 2
	13:30-14:00	Sprint	Cycle
	13:30-14:15	Body Balance	Studio 2
	15:30-16:15	Body Pump	Studio 2
	17:00-17:30	Sprint	Cycle
	19:30-20:15	Sprint	Cycle
Tuesday	06:15-07:00	Sprint	Cycle
	06:30-07:15	Body Pump	Studio 2
	07:00-07:30	Sprint	Cycle
	07:45-08:15	Sprint	Cycle
	07:45-08:15	Body Balance	Studio 2
	08:30-09:15	Body Combat	Studio 2
	10:30-11:15	RPM	Cycle
	12:00-12:45	Body Pump	Studio 2
	13:00-13:30	Sprint	Cycle
	13:00-13:45	Body Balance	Studio 2
	16:00-16:45	Body Combat	Studio 2
	20:15-20:45	Sprint	Cycle
Wednesday	06:15-07:00	RPM	Cycle
	07:00-07:45	Body Pump	Studio 2
	07:15-07:45	Sprint	Cycle
	08:00-08:45	Body Balance	Studio 2
	09:00-09:30	Sprint	Cycle
	10:00-10:45	Body Combat	Studio 2
	12:00-12:45	Body Pump	Studio 2
	12:30-13:00	Sprint	Cycle
	13:00-13:45	Body Balance	Studio 2
	17:00-17:45	Sprint	Cycle
	20:15-20:45	Sprint	Cycle

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	Sprint	Cycle
	07:00-07:30	Sprint	Cycle
	07:00-07:45	Body Combat	Studio 2
	08:30-09:15	Body Pump	Studio 2
	09:00-09:30	Sprint	Cycle
	09:30-10:15	Body Balance	Studio 2
	12:30-13:15	Body Pump	Studio 2
	13:30-14:15	Sprint	Cycle
	18:15-19:00	RPM	Cycle
	19:15-19:45	Sprint	Cycle
	19:30-20:15	Body Pump	Studio 2
Friday	06:15-06:45	Sprint	Cycle
	07:00-7:30	Sprint	Cycle
	07:00-07:45	Body Combat	Studio 2
	07:45-8:15	Sprint	Cycle
	08:30-09:15	Body Pump	Studio 2
	09:30-10:00	Sprint	Cycle
	09:30-10:15	Body Balance	Studio 2
	12:00-12:45	Body Pump	Studio 2
	12:30-13:15	RPM	Cycle
	13:00-13:45	Body Combat	Studio 2
	13:30-14:15	Sprint	Cycle
	18:15-19:00	RPM	Cycle
Saturday	09:00-09:30	Sprint	Cycle
	09:00-09:45	Body Pump	Studio 2
	10:00-10:45	Body Combat	Studio 2
	11:00-11:30	Sprint	Cycle
	11:00-11:45	Body Balance	Studio 2
	11:45-2:30	RPM	Cycle
	12:45-13:15	Sprint	Cycle
Sunday	09:00-09:45	Body Pump	Studio 2
	09:30-10:00	Sprint	Cycle
	10:00-10:45	Body Combat	Studio 2
	11:00-11:45	Body Balance	Studio 2
	11:15-12:00	Sprint	Cycle
	13:00-13:30	Sprint	Cycle

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