

FITNESS TIMETABLE

Day	Time	Class	Location
Monday	10:00-10:45	Step Circuits	Sports Hall
	10:50-11:35	Step Circuits	Sports Hall
	11:45-12:30	Xcite Mobility	Sports Hall
	18:05-18:50	Fit Steps	Sports Hall
Tuesday	10:00-11:00	Xcite Lets Dance!	Sports Hall
	17:40-18:25	Body Pump	Sports Hall
	19:05-19:50	Zumba	Sports Hall



Day	Time	Class	Location
Wednesday	09:10-09:55	Paracise	Sports Hall
	10:05-10:50	Zumba	Sports Hall
Thursday	18:00-18:45	Line Dancing	Sports Hall
	19:00-19:45	Paracise	Sports Hall
Friday	09:10-09:55	Gentle Exercise	Sports Hall
	10:00-10:45	Step Circuits	Sports Hall
	10:50-11:35	Xcite Lets Dance!	Sports Hall



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THE XCITE APP**

Xcite East Calder

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XCITE
West Lothian Leisure



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