

# FITNESS TIMETABLE

| Day | Time | Class | Location |
|-----|------|-------|----------|
|-----|------|-------|----------|

|        |             |                 |        |
|--------|-------------|-----------------|--------|
| 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 |
|        | 11:10-11:55 | 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   |
|         | 09:30-10:15 | Body Attack  | Studio |
|         | 10:20-11:05 | Body Balance | Studio |
|         | 11:15-12:00 | Body Pump    | Studio |
|         | 14:00-14:45 | Paracise     | Studio |
|         | 17:30-18:00 | Vinyasa Yoga | Studio |
|         | 19:00-19:45 | Body Step    | Studio |

|           |             |                     |        |
|-----------|-------------|---------------------|--------|
| Wednesday | 09:00-09:45 | Aqua Zumba          | Pool   |
|           | 09:30-10:15 | Body Attack         | Studio |
|           | 10:20-11:05 | Kettlercise         | Studio |
|           | 11:40-12:25 | Xcite Power Stretch | Studio |
|           | 18:15-19:15 | Queenax Circuits    | Studio |
|           | 19:15-20:00 | Yoga                | Studio |

| Day | Time | Class | Location |
|-----|------|-------|----------|
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|          |             |                |            |
|----------|-------------|----------------|------------|
| Thursday | 09:00-09:45 | AquaFit        | Pool       |
|          | 09:00-10:00 | Yoga           | Studio     |
|          | 10:00-10:30 | Xcite Cycle    | Cycle Area |
|          | 10:10-10:55 | Xcite Circuits | Studio     |
|          | 11:00-11:30 | Xcite Core     | Studio     |
|          | 11:05-11:50 | TRX Suspension | Studio     |
|          | 17:10-17:55 | Zumba          | Studio     |
|          | 18:00-18:45 | Body Attack    | Studio     |

|        |             |                 |            |
|--------|-------------|-----------------|------------|
| Friday | 09:00-09:45 | AquaFit         | Pool       |
|        | 09:15-09:45 | Gentle Exercise | Studio     |
|        | 10:15-11:00 | Xcite Bootcamp  | Studio     |
|        | 11:10-11:40 | Xcite Cycle     | Cycle Area |
|        | 18:15-19:00 | Paracise        | Studio     |

|          |             |                   |        |
|----------|-------------|-------------------|--------|
| Saturday | 09:05-10:05 | Aerial Strength   | Studio |
|          | 10:10-11:10 | Aerial Stretch    | Studio |
|          | 11:15-12:15 | Aerial Relaxation | Studio |

|        |             |           |        |
|--------|-------------|-----------|--------|
| Sunday | 10:30-11:30 | Body Pump | Studio |
|--------|-------------|-----------|--------|

**BOOK NOW ON  
THE XCITE APP**



**Xcite Livingston**

T: 01506 237970



# VIRTUAL FITNESS CLASSES

| Day       | Time        | Class        | Location   |
|-----------|-------------|--------------|------------|
| Monday    | 08:00-08:30 | Body Balance | Studio     |
|           | 08:35-09:05 | Body Pump    | 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   | 07:20-7:50  | RPM          | Cycle Area |
|           | 08:30-9:00  | Core         | Studio     |
|           | 12:00-12:30 | RPM          | Cycle Area |
|           | 12:15-12:45 | Core         | Studio     |
|           | 13:00-13:30 | Body Pump    | 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 |
|           | 17:00-17:45 | Body Pump    | Studio     |
|           | 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     |
|          | 12:00-13:00 | Body Pump | Studio     |
|          | 13:00-13:30 | SPRINT    | Cycle Area |
|          | 19:30-20:15 | RPM       | Cycle Area |
| Friday   | 07:20-7:50  | RPM       | Cycle Area |
|          | 12:00-12:30 | Core      | Studio     |
|          | 12:00-13:00 | Body Pump | Studio     |
|          | 18:15-19:00 | RPM       | Cycle Area |
| 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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