

FITNESS CLASS TIMETABLE

Day	Time	Class	Location	Day	Time	Class	Location	
Monday	10.00 – 11.00	Xcite Pilates	Studio 1	Thursday	10.00 – 10.45	Stretch & Tone	Studio 1	
	11.15 – 12.00	Xcite			10.50 – 11.35	Xcite EasyLine	Sports Hall	
	12.00 – 12.45	Fitness Walking	Studio 1		11.00 – 12.00	Zumba	Studio 1	
		Line Dance			12.30 – 13.15	Fitsteps	Studio 1	
		Abs Begin	Sports Hall		18.10 – 18.40	Xcite Fit	Studio 1	
	13.00 – 13.45	Line Dance Int	Sports Hall		18.45 – 19.15	Xcite Core	Studio 1	
	13.00 – 13.45	Xcite Stretch & Tone	Studio 1		19.15 – 20.15	Xcite Yoga: Vinyasa	Studio 2	
	17.10 – 17.55	Xcite Elevated			19.30 – 20.30	Body Pump	Studio 1	
		Fitness Walking	Studio 1					
		17.50 – 18.35	Body Pump		Studio 2			
	18.00 – 18.45	Xcite Sculpt	Studio 1					
	18.50 – 19.35	Body Combat	Studio 1					
	19.00 – 20.00	Xcite Fusion Flow	Studio 2					

Day	Time	Class	Location
Tuesday	09.50 – 10.35	Xcite Mum & Me	
		Fitness	Studio 1
	11.00 – 11.45	Xcite Cycle	Cycle Studio
	11.00 – 11.45	Paracise	Studio 1
	12.00 – 12.45	Line Dance	
		Abs Begin	Studio 1
	13.00 – 13.45	Line Dancing Int	Studio 1
	18.00 – 18.45	Kettlercise	Studio 1
	18.15 – 19.00	Fitsteps	Studio 2
	18.20 – 19.05	Xcite Cycle	Cycle Studio
18.50 – 19.20	Xcite Core	Studio 1	
19.15 – 20.15	Xcite Yoga: Vinyasa	Studio 2	

Day	Time	Class	Location
Wednesday	10.00 – 10.45	Xcite Cycle	Cycle Studio
	10.30 – 11.15	Xcite EasyLine	Sports Hall
	11.00 – 12.00	Xcite Yoga: Gentle	Studio 2
	13.00 – 13.45	Ageing Well	
		Dance Fit	Studio 1
	16.30 – 17.15	Xcite Fit	Studio 1
	18.00 – 18.45	Body Combat	Studio 1
	18.00 – 18.55	Xcite Pilates	Studio 2
	19.00 – 19.45	Paracise	Studio 1
	19.00 – 19.45	Xcite Box	Studio 2

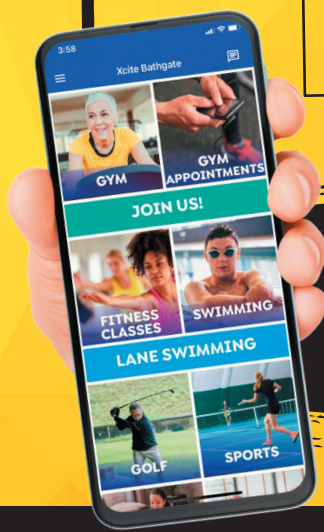
Day	Time	Class	Location
Friday	09.30 – 10.15	Easy Line	Sports Hall
	10.30 – 11.15	Easy Line - Ref class	Sports Hall
	10.15 – 11.00	Xcite	
		Fitness Walking	Studio 1
	10.45 – 11.45	Xcite Yoga: Vinyasa	Studio 2

Day	Time	Class	Location
Saturday	09.10 – 10.10	Body Combat	Studio 1
	10.15 – 11.00	Paracise	Studio 1
	11.15 – 12.00	Line Dance	
		Abs Begin	Studio 1

Sunday 09.30 – 11.00 Xcite Yoga: Vinyasa*
90m Studio 2
 10.00 – 11.00 Xcite Yoga: Vinyasa Studio 2
 10.00 – 10.45 Xcite Cycle Cycle Studio

*Vinyasa yoga on Sunday is only last Sunday of every month

Xcite Broxburn Pool		
Day	Class	Time
Monday	Aqua fit	10:15 – 11:00
Tuesday	Aqua Zumba	10:30 – 11:15
Tuesday	Aqua Zumba	17:40 – 18:25
Thursday	Aqua fit	12:30 – 13:15
Friday	Aqua fit	11:30 – 12:15



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Xcite Broxburn
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