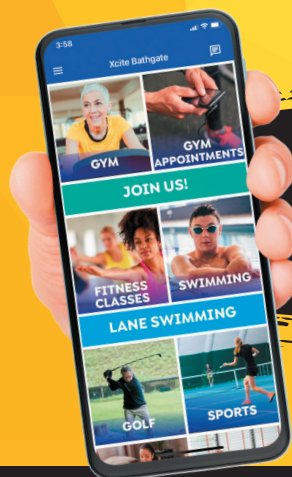


# FITNESS CLASS TIMETABLE

Day	Time	Class	Location	Day	Time	Class	Location				
Monday	09.30 - 10.15	Body Pump	Studio 1	Thursday	08.45 - 09.30	Xcite Gentle Exercise	Studio 1				
	09.45 - 10.30	PiYo	Studio 2		09.35 - 10.20	Body Pump	Studio 1				
	10.30 - 11.15	Body Balance	Studio 1		10.30 - 11.15	Xcite Power Stretch	Studio 1				
	10.30 - 11.15	Paracise	Sports Hall		17.15 - 18.00	P90X	Studio 1				
	16.00 - 17.00	Ballroom Dancing	Studio 1		18.00 - 19.00	PiYo	Studio 2				
	17.25 - 18.10	Body Combat	Studio 1		18.15 - 19.00	Body Pump	Studio 1				
	18.10 - 18.55	Xcite Cycle	Cycle Studio		19.15 - 20.00	Body Combat	Studio 1				
	18.15 - 19.00	P90X	Studio 2		Friday	09.00 - 10.00	Xcite Yoga: Vinyasa	Studio 1			
	18.20 - 19.05	Sh'Bam	Studio 1			10.10 - 11.05	Body Balance	Studio 1			
	19.15 - 20.00	Body Attack	Studio 2			10.20 - 11.05	Xcite Cycle	Cycle Studio			
	19.30 - 20.30	Body Pump	Studio 1			11.15 - 12.00	Xcite Pilates	Studio 1			
20.10 - 20.55	Body Balance	Studio 2	13.00 - 13.45	Xcite Stretch & Tone		Studio 1					
			17.30 - 18.30	Body Pump		Studio 1					
Tuesday	08.45 - 09.30	Xcite Gentle Exercise	Studio 1	17.45 - 18.30	Sh'Bam	Studio 2	Saturday	09.05 - 10.05	Xcite Kettlebell	Studio 1	
	09.35 - 10.20	Body Pump	Studio 1		Circuits			09.05 - 10.05	Xcite Cycle		Cycle Studio
	10.30 - 11.15	Xcite Power Stretch	Studio 1		Circuits	Studio 1		10.15 - 11.00	Body Pump	Studio 1	
	17.30 - 18.30	Xcite Kettlebell	Studio 1		Circuits	Studio 1		11.15 - 12.00	Body Balance	Studio 1	
						Circuits		Studio 1	Sunday	09.10 - 10.10	Body Combat
	18.10 - 18.55	Xcite Cycle	Cycle Studio		Circuits	Studio 1		14.00 - 14.45		Line Dancing	Studio 1
18.40 - 19.25	Body Attack	Studio 1		Circuits	Studio 1		Abs Beg				
19.30 - 20.30	Body Combat	Studio 1		Circuits	Studio 1	15.00 - 15.45	Line Dancing Beg	Sports Hall			
				Circuits	Studio 1	16.00 - 16.45	Line Dancing	Studio 1			
				Circuits	Studio 1		Intermediate				
Wednesday	09.30 - 10.30	Xcite Yoga: Vinyasa	Studio 1		Circuits	Studio 1	18.15 - 19.00	Sh'Bam	Studio 1		
	11.40 - 12.25	Paracise	Sports Hall		Circuits	Studio 1					
	14.15 - 15.00	Xcite Dance	Studio 1		Circuits	Studio 1					
	17.45 - 18.45	Xcite Kettlebell	Studio 1		Circuits	Studio 1					
						Circuits	Studio 1				
	18.00 - 19.00	Xcite Yoga: Vinyasa	Studio 2		Circuits	Studio 1					
	18.00 - 18.45	Xcite Cycle	Cycle Studio		Circuits	Studio 1					
	19.00 - 19.45	Body Pump	Studio 1		Circuits	Studio 1					
	19.10 - 19.55	Sh'Bam	Studio 2		Circuits	Studio 1					
20.00 - 20.45	Body Balance	Studio 1		Circuits	Studio 1						



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

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