

FITNESS CLASS TIMETABLE

Day	Time	Class	Location
Monday	10.00 - 10.45	Xcite Easy Line	Sports Hall
	10.50 - 11.35	Xcite Stretch & Tone	Sports Hall
	11.45 - 12.30	Xcite Easy Line	Sports Hall
	18.05 - 18.50	Fitsteps	Sports Hall

Tuesday	10.00 - 10.45	Xcite Dance	Sports Hall
	19.05 - 19.50	Zumba	Sports Hall

Day	Time	Class	Location
Wednesday	09.10 - 09.55	Paracise	Sports Hall
	10.10 - 10.55	Zumba	Sports Hall
Thursday	18.10 - 18.55	Line Dancing	Sports Hall
	19.00 - 19.45	Paracise	Sports Hall
Friday	09.05 - 09.50	Xcite Gentle Exercise	Sports Hall
	10.00 - 10.45	Xcite Step Circuits	Sports Hall
	10.50 - 11.35	Xcite Dance	Sports Hall



BOOK NOW ON THE XCITE APP

Xcite East Calder

T: 01506 883340

XCITE
West Lothian Leisure



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