

FITNESS CLASS TIMETABLE

Day	Time	Class	Location	Day	Time	Class	Location	
Monday	09.30 -10.30	Xcite Dance	Studio 1	Thursday	08.50 - 09.35	Xcite Aquafit	Pool	
	10.45 -11.30	Xcite Aqua	Pool		09.30 - 10.15	Body Pump	Studio 1	
	11.30 -12.15	Body Pump	Studio 1		09.50 - 10.35	Xcite Aquafit	Pool	
	12.30 -13.15	Xcite PowerStretch	Studio 2		10.45 - 11.30	Xcite Dance	Studio 1	
	12.40 -13.25	Paracise	Studio 1		12.15 - 12.45	Les Mills Tone	Studio 1	
	13.40 -14.25	Xcite Yoga	Studio 1		13.00 - 13.45	Body Balance	Studio 1	
	18.00 -19.00	Body Combat	Studio 1		18.10 - 18.55	Body Attack	Studio 1	
	18.20 -19.05	Les Mills Tone	Studio 2		18.15 - 19.00	Xcite Cycle	Cycle	
	18.30 -19.15	RPM	Cycle		19.15 - 20.00	Xcite Cycle	Cycle	
	18.30 -19.15	Xcite Aquafit	Pool		19.25 - 20.10	Body Balance	Studio 1	
	19.10 -19.55	Body Pump	Studio 1		20.10 - 20.40	Xcite Box	Studio 2	
	20.15 -21.00	Xcite Fit	Studio 2		Friday	06.15 - 07.00	RPM	Cycle
	20.20 -21.05	Body Balance	Studio 1			06.45 - 07.30	Body Combat	Studio 1
Tuesday	09.15 - 10.00	Xcite Dance	Studio 1	09.15 - 10.00		Xcite Gentle Exercise	Studio 1	
	10.10 - 10.55	Xcite Aquafit	Pool	10.05 - 11.05		Xcite Step & Tone	Studio 1	
	10.15 - 11.00	Xcite Dance	Studio 1	13.00 - 13.45		Body Pump	Studio 1	
	11.15 - 12.00	Paracise	Studio 1	18.20 - 19.05	Body Pump	Studio 1		
	12.20- 13.05	Body Pump	Studio 1	Saturday	09.05 - 10.05	Body Pump	Studio 1	
	18.10 - 18.55	Xcite Cycle	Cycle		09.20 - 10.05	Xcite Cycle	Cycle	
	18.20 - 19.05	Body Attack	Studio 1		10.35 - 11.20	Body Balance	Studio 1	
	19.15 - 20.00	Body Pump	Studio 2	Sunday	09.10 - 10.10	Body Combat	Studio 1	
	19.10 - 20.10	Body Step	Studio 1		09.30 - 10.15	RPM	Cycle	
	19.15 - 20.00	RPM	Cycle		10.15 - 11.15	Body Step	Studio 1	
Wednesday	06.45 - 07.30	RPM	Cycle					
	09.30 - 10.15	Xcite Gentle Exercise	Studio 1					
	10.30 - 11.15	Xcite Sculpt	Studio 1					
	11.00 - 11.45	Aqua Zumba	Pool					
	12.00 - 13.00	Body Balance	Studio 1					
	18.10 - 18.55	Kettlercise	Studio 2					
	18.20 - 19.05	Body Step	Studio 1					
	19.15 - 20.15	Body Pump	Studio 1					

BOOK NOW ON THE XCITE APP

Xcite Linlithgow

T: 01506 237960