

FITNESS CLASS TIMETABLE

Day	Time	Class	Location
Monday	09.00 – 09.30	Xcite Gentle Exercise	Studio 3
	09.40 – 10.25	Xcite Cycle	Cycle Studio
	09.50 – 10.35	Xcite Aquafit	Pool
	10.45 – 11.30	Body Pump	Studio 3
	12.30 – 13.15	Kettlercise	Studio 3
	17.35 – 18.20	Xcite Cycle	Cycle Studio
	17.50 – 18.20	Fitness Pilates HIT	Studio 2
	18.05 – 19.05	Body Pump	Studio 3
	18.05 – 18.50	Paracise	Studio 1
	18.25 – 18.55	Sprint	Cycle Studio
	19.00 – 19.45	Xcite Sculpt	Studio 2
	19.15 – 20.00	Body Step	Studio 3
	19.00 – 20.00	Body Attack	Studio 1

Day	Time	Class	Location
Tuesday	09.00 – 10.00	Xcite Yoga: Hatha	Studio 1
	09.30 – 10.15	Xcite Cycle	Cycle Studio
	10.20 – 10.50	Les Mills Core	Studio 3
	11.00 – 11.45	Fitness Pilates	Studio 3
	12.15 – 13.00	Xcite FIT	Gym
	17.10 – 17.55	Xcite Power Ropes	Studio 1
	17.30 – 18.00	Kettlercise	Studio 3
	18.05 – 19.05	Body Attack	Studio 1
	18.15 – 19.00	Xcite FIT	Studio 2
	18.15 – 19.00	Body Pump	Studio 3
	19.10 – 20.10	Body Jam	Studio 1
	19.10 – 19.55	Xcite Cycle	Cycle Studio
	19.15 – 20.00	Xcite Circuits	Studio 3

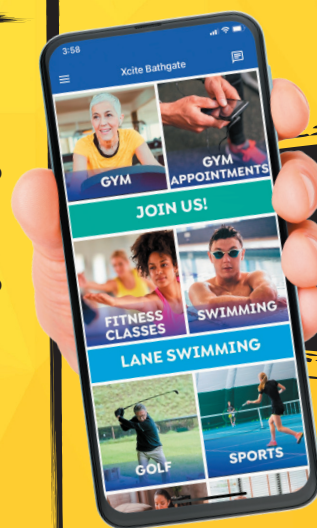
Day	Time	Class	Location
Wednesday	09:30 – 10:00	Xcite Gentle Exercise	Studio 3
	09.15 – 10.00	Xcite FIT	Gym
	10.10 – 10.55	Kettlercise	Studio 3
	10.30 – 11.15	Xcite Cycle	Cycle Studio
	17.00 – 17.45	Xcite Power Ropes	Studio 1
	17.40 – 18.10	Les Mills Core	Studio 3
	18.00 – 18.45	Xcite Cycle	Cycle Studio
	18.15 – 19.00	Kettlercise	Studio 1
	18.30 – 19.15	Body Pump	Studio 3
	19.05 – 20.05	Body Attack	Studio 1
	19.30 – 20.15	Body Attack	Studio 3

Day	Time	Class	Location
Thursday	06.20 – 07.05	Xcite FIT	Gym
	09.00 – 09.30	Xcite Gentle Exercise	Studio 3
	09.40 – 10.40	Body Step	Studio 3
	09.50 – 10.35	Xcite Aquafit	Pool
	10:30 – 11:15	Xcite Cycle	Cycle Studio
	17.15 – 18.00	Xcite Power Ropes	Studio 1
	18.05 – 18.50	Kettlercise	Studio 3
	18.30 – 19.15	Les Mills Tone	Studio 1
	19.30 – 20.30	Body Jam	Studio 1

Day	Time	Class	Location
Friday	09.10-10.10	Body Attack	Studio 3
	09:50 – 10.35	Paracise	Studio 1
	17.15 – 18:00	Xcite Cycle	Cycle Studio
	18.15 – 18.55	Xcite Fit	Studio 1

Day	Time	Class	Location
Saturday	09.10 – 10.10	Les Mills Body Jam	Studio 1
	09.15 – 10.00	Kettlercise	Studio 3
	10.10 – 10.55	Xcite Cycle	Cycle Studio
	10.20 – 11.20	Body Pump	Studio 3
	10.25 – 11.10	Les Mills Tone	Studio 1

Day	Time	Class	Location
Sunday	08.45 – 09.15	Kettlercise	Studio 1
	09.20 – 10.20	Body Pump	Studio 1
	10.25 – 10.55	Sprint	Cycle Studio



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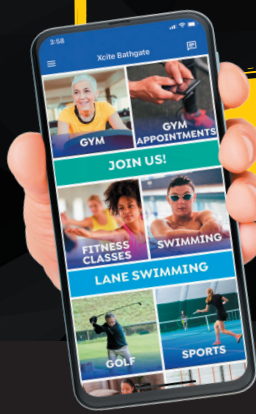
Xcite Bathgate

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VIRTUAL FITNESS CLASSES

Day	Time	Class	Location	Day	Time	Class	Location		
Monday	06.00 - 07.00	Body Combat	Studio 2	Thursday	06:00 - 06:45	Body Pump	Studio 2		
	07.30 - 08.15	Body Pump	Studio 2		07.00 - 07.45	Body Combat	Studio 2		
	09.00 - 09.45	Body Balance	Studio 2		08.30 - 09.15	Body Balance	Studio 2		
	10.30 - 11.00	Body Combat	Studio 2		09.30 - 10.15	Body Balance	Studio 2		
	11.15 - 11.45	Body Pump	Studio 2		12.30 - 13.15	Body Pump	Studio 2		
	12.30 - 13.15	Body Pump	Studio 2		19.30 - 20.15	Body Pump	Studio 2		
	13.30 - 14.15	Body Balance	Studio 2		06.15 - 06.45	Sprint	Cycle		
	15.30 - 16.15	Body Pump	Studio 2		07.00 - 07.30	Sprint	Cycle		
	06.15 - 06.45	Sprint	Cycle		09.00 - 09.30	Sprint	Cycle		
	07.00 - 07.45	Sprint	Cycle		13.30 - 14.00	Sprint	Cycle		
	08.00 - 08.45	Sprint	Cycle		18.15 - 19.00	RPM	Cycle		
	12.00 - 12.45	RPM	Cycle		19.15 - 19.45	Sprint	Cycle		
	13.30 - 14.00	Sprint	Cycle		Friday	06:00 - 06:45	Body Pump	Studio 2	
	16:45 - 17:15	Sprint	Cycle			07.00 - 07.45	Body Combat	Studio 2	
	19.30 - 20.00	Sprint	Cycle			08.30 - 09.15	Body Pump S	Studio 2	
	Tuesday	06.00 - 06.45	Body Pump			Studio 2	09.30 - 10.15	Body Balance	Studio 2
		07.00 - 07.45	Body Combat			Studio 2	12.00 - 12.45	Body Pump	Studio 2
08.00 - 08.45		Body Balance	Studio 2	13.00 - 13.45		Body Combat	Studio 2		
09.00 - 09.45		Body Combat	Studio 2	06.15 - 06.45		Sprint	Cycle		
12.00 - 12.45		Body Pump	Studio 2	07.00 - 07.30		Sprint	Cycle		
13.00 - 13.45		Body Balance	Studio 2	07.45 - 08.15		Sprint	Cycle		
16.00 - 16.45		Body Combat	Studio 2	09.30 - 10.00		Sprint	Cycle		
06.15 - 06.45		Sprint	Cycle	12.30 - 13.15	RPM	Cycle			
07.00 - 07.30		Sprint	Cycle	13.30 - 14.00	Sprint	Cycle			
07.45 - 08.15		Sprint	Cycle	18.15 - 19.00	RPM	Cycle			
10.30 - 11.15	RPM	Cycle	Saturday	09.00 - 09.45	Body Pump	Studio 2			
13.00 - 13.30	Sprint	Cycle		10.00 - 10.45	Body Combat	Studio 2			
18.00 - 18.45	RPM	Cycle		11.00 - 11.45	Body Balance	Studio 2			
20.15 - 20.45	Sprint	Cycle		09.00 - 09.30	Sprint	Cycle			
Wednesday	06:00 - 06:45	Body Combat		Studio 2	11.00 - 11.30	Sprint	Cycle		
	07.00 - 07.45	Body Pump		Studio 2	11.45 - 12.30	RPM	Cycle		
	08.00 - 08.45	Body Balance	Studio 2	12.45 - 13.15	Sprint	Cycle			
	10.00 - 10.45	Body Combat	Studio 2	Sunday	09.00 - 09.45	Body Pump	Studio 2		
	12.00 - 12.45	Body Pump	Studio 2		10.00 - 10.45	Body Combat	Studio 2		
	13.00 - 13.45	Body Balance	Studio 2		11.00 - 11.45	Body Balance	Studio 2		
	06.15 - 07.00	RPM	Cycle		09.30 - 10.00	Sprint	Cycle		
	07.15 - 07.45	Sprint	Cycle		11.15 - 12.00	Sprint	Cycle		
	09.00 - 09.30	Sprint	Cycle		13.00 - 13.30	Sprint	Cycle		
	12.30 - 13.00	Sprint	Cycle						
17.00 - 17.30	Sprint	Cycle							
20.15 - 20.45	Sprint	Cycle							

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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