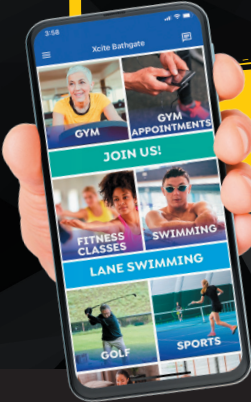


# VIRTUAL FITNESS CLASSES

Day	Time	Class	Location	Day	Time	Class	Location
<b>Monday</b>	06.45 – 07.30	R.P.M.	Cycle Studio	<b>Thursday</b>	09.00 – 09.45	Body Pump	Studio 2
	06.45 – 07.15	Les Mills Grit Cardio	Studio 2		10.00 – 10.45	R.P.M.	Cycle Studio
	09.00 – 09.45	Body Pump	Studio 2		11.30 – 12.00	Les Mills Grit Cardio	Studio 2
	10.45 – 11.30	R.P.M.	Cycle Studio		12.30 – 13.15	The Trip	Cycle Studio
	11.00 – 11.30	Les Mills Grit Strength	Studio 2		14.00 – 14.30	Les Mills Grit Strength	Studio 2
	11.45 – 12.30	The Trip	Cycle Studio		17.00 – 17.45	The Trip	Cycle Studio
	12.00 – 12.30	Body Attack	Studio 2		17.30 – 18.15	Body Attack	Studio 2
	16.45 – 17.30	The Trip	Cycle Studio		18.00 – 18.45	R.P.M.	Cycle Studio
	17.45 – 18.30	R.P.M.	Cycle Studio		20.30 – 21.00	Les Mills Grit Athletic	Studio 2
	20.30 – 21.00	Les Mills Grit Athletic	Studio 2				
<b>Tuesday</b>	09.00 – 09.45	Body Pump	Studio 2	<b>Friday</b>	06.45 – 07.30	R.P.M.	Cycle Studio
	09.00 – 09.45	R.P.M.	Cycle Studio		06.45 – 07.15	Les Mills Grit Cardio	Studio 2
	10.00 – 10.45	Body Attack	Studio 2		07.30 – 08.00	Body Attack	Studio 2
	10.00 – 10.45	The Trip	Cycle Studio		07.45 – 08.15	R.P.M.	Cycle Studio
	11.00 – 11.30	Les Mills Grit Strength	Studio 2		08.45 – 09.30	The Trip	Studio 2
	14.00 – 14.30	Les Mills Grit Athletic	Studio 2		09.30 – 10.15	Body Pump	Studio 2
	17.00 – 17.45	R.P.M.	Cycle Studio		12.00 – 12.30	Les Mills Grit Athletic	Studio 2
	17.15 – 18.00	Body Pump	Studio 2		18.00 – 18.45	R.P.M.	Cycle Studio
	20.30 – 21.00	Les Mills Grit Cardio	Studio 2		19.00 – 18.00	Body Attack	Studio 2
					20.30 – 21.00	Les Mills Grit Strength	Studio 2
<b>Wednesday</b>	06.45 – 07.15	Les Mills Grit Cardio	Studio 2	<b>Saturday</b>	09.30 – 10.30	Pump	Studio 2
	07.30 – 08.00	Body Attack	Studio 2		09.45 – 10.30	R.P.M.	Cycle Studio
	08.45 – 09.30	The Trip	Cycle Studio		10.45 – 11.30	The Trip	Cycle Studio
	10.00 – 10.45	Body Pump	Studio 2		11.30-12:00	Les Mills Grit Cardio	Studio 2
	13.00 – 13.30	Les Mills Grit Athletic	Studio 2		12.30 – 13.00	Body Attack	Studio 2
	17.45 – 17.15	R.P.M.	Cycle Studio		15.00 – 15.30	Les Mills Grit Strength	Studio 2
	18.45 – 19.30	The Trip	Cycle Studio				
20.30 – 21.00	Les Mills Grit Strength	Studio 2	<b>Sunday</b>	09.15 – 09.45	R.P.M.	Cycle Studio	
				11.15 – 12.00	The Trip	Cycle Studio	
				11.45 – 12.30	Body Pump	Studio 2	
				13.00 – 13.30	Les Mills Grit Strength	Studio 2	
				17.30 – 18.00	Les Mills Grit Athletic	Studio 2	

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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