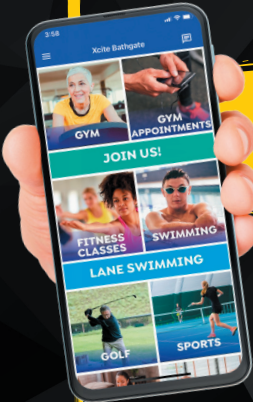


VIRTUAL FITNESS CLASSES

Day	Time	Class	Location	Day	Time	Class	Location	
Monday	06.45 - 07.30	RPM	Cycle	Thursday	06.45 - 07.30	RPM	Cycle	
	08.00 - 08.45	RPM	Cycle		11.00 - 11.30	RPM	Cycle	
	09.15 - 09.45	RPM	Cycle		12.00 - 12.45	The Trip	Cycle	
	12.00 - 12.45	RPM	Cycle		17.00 - 17.45	RPM	Cycle	
	20.15 - 21.00	RPM	Cycle		18.15 - 18.45	RPM	Cycle	
	07.00 - 07.45	Body Pump	Studio 2		20.00 - 20.45	The Trip	Cycle	
	08.00 - 08.45	Body Balance	Studio 2		07.00 - 07.45	Body Pump	Studio 2	
	12.15 - 13.00	Sh'Bam	Studio 2		08.00 - 08.45	Body Balance	Studio 2	
	17.00 - 17.45	Body Pump	Studio 2		12.15 - 13.00	Body Pump	Studio 2	
Tuesday	06.45 - 07.30	RPM	Cycle	Friday	06.45 - 07.30	RPM	Cycle	
	08.00 - 08.45	RPM	Cycle		08.00 - 08.30	RPM	Cycle	
	09.15 - 09.45	RPM	Cycle		12.30 - 13.00	RPM	Cycle	
	12.00 - 12.45	The Trip	Cycle		19.00 - 19.30	RPM	Cycle	
	17.00 - 17.45	RPM	Cycle		07.00 - 07.45	Body Pump	Studio 2	
	20.15 - 21.00	The Trip	Cycle		08.30 - 09.15	Body Balance	Studio 2	
	07.00 - 07.45	Body Pump	Studio 2		12.15 - 13.00	Body Pump	Studio 2	
	08.00 - 08.45	Body Balance	Studio 2		Saturday	10.30 - 11.15	The Trip	Cycle
	12.15 - 13.00	Body Pump	Studio 2			12.00 - 12.45	RPM	Cycle
17.00 - 17.45	Body Pump	Studio 2	Sunday	09.15 - 10.00		RPM	Cycle	
Wednesday	06.45 - 07.30	RPM		Cycle	10.30 - 11.15	RPM	Cycle	
	10.30 - 11.15	The Trip		Cycle	12.00 - 12.45	The Trip	Cycle	
	12.00 - 12.45	RPM	Cycle					
	17.00 - 17.30	RPM	Cycle					
	07.00 - 07.45	Body Pump	Studio 2					
	08.00 - 08.45	Sh'Bam	Studio 2					
	09.25 - 10.10	Body Pump	Studio 2					
	12.15 - 13.00	Body Balance	Studio 2					
	13.30 - 14.15	Sh'Bam	Studio 2					
17.00 - 17.30	Body Pump	Studio 2						
20.15 - 21.00	Body Balance	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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