

# VIRTUAL FITNESS CLASSES

Day	Time	Class	Location	Day	Time	Class	Location
<b>Monday</b>	06.15 - 06.45	Body Pump	Studio 2	<b>Thursday</b>	06.15 - 06.45	RPM	Cycle
	06.30 - 07.00	RPM	Cycle		06.20 - 06.50	Body Pump	Studio 2
	07.15 - 08.00	Body Combat	Studio 2		07.10 - 08.00	RPM	Cycle
	07.30 - 08.00	RPM	Cycle		07.20 - 08.05	Body Combat	Studio 2
	09.15 - 10.05	RPM	Cycle		09.00 - 09.30	Les Mills Core	Studio 2
	09.30 - 10.15	Body Combat	Studio 2		09.10 - 10.00	RPM	Cycle
	10.30 - 11.00	Les Mills Core	Studio 2		10.20 - 10.50	RPM	Cycle
	12.30 - 13.20	RPM	Cycle		10.30 - 11.15	Body Balance	Studio 2
	13.50 - 14.35	Body Balance	Studio 2		12.10 - 12.55	Body Combat	Studio 2
	16.00 - 16.50	RPM	Cycle		12.15 - 12.45	RPM	Cycle
	19.50 - 20.20	RPM	Cycle		14.00 - 14.50	RPM	Cycle
					14.05 - 14.50	Body Balance	Studio 2
					16.00 - 16.50	RPM	Cycle
<b>Tuesday</b>	06.15 - 06.45	RPM	Cycle	<b>Friday</b>	06.10 - 06.40	Body Pump	Studio 2
	06.20 - 06.50	Body Combat	Studio 2		07.30 - 08.00	RPM	Cycle
	07.20 - 07.50	Les Mills Core	Studio 2		08.00 - 08.45	Body Combat	Studio 2
	07.30 - 08.00	RPM	Cycle		10.15 - 10.45	RPM	Cycle
	10.15 - 11.00	Body Balance	Studio 2		11.00 - 11.30	Les Mills Core	Studio 2
	10.30 - 11.20	RPM	Cycle		12.00 - 12.45	Body Pump	Studio 2
	12.10 - 12.55	Body Pump	Studio 2		13.30 - 14.00	RPM	Cycle
	12.15 - 12.45	RPM	Cycle		14.00 - 14.45	Body Balance	Studio 2
	13.30 - 14.15	Body Balance	Studio 2		15.30 - 16.00	Les Mills Core	Studio 2
	14.00 - 14.50	RPM	Cycle		17.10 - 18.00	RPM	Cycle
	15.15 - 16.00	Body Combat	Studio 2		17.30 - 18.15	Body Combat	Studio 2
	16.00 - 16.50	RPM	Cycle		18.30 - 19.00	RPM	Cycle
	17.45 - 18.15	Les Mills Core	Studio 2		<b>Saturday</b>	10.45 - 11.15	RPM
				13.10 - 14.00		RPM	Cycle
			13.15 - 14.00	Body Combat		Studio 2	
			14.15 - 15.00	Body Pump		Studio 2	
			14.30 - 15.00	RPM		Cycle	
<b>Wednesday</b>	06.15 - 06.45	Body Combat	Studio 2	15.30 - 16.15	Body Balance	Studio 2	
	07.15 - 08.00	Body Pump	Studio 2	16.10 - 17.00	RPM	Cycle	
	08.30 - 09.15	Body Balance	Studio 2	<b>Sunday</b>	10.15 - 10.45	Les Mills Core	Studio 2
	09.00 - 09.50	RPM	Cycle		10.25 - 11.15	RPM	Cycle
	10.30 - 11.00	Les Mills Core	Studio 2		11.00 - 11.45	Body Combat	Studio 2
	11.00 - 11.50	RPM	Cycle		12.00 - 12.45	Body Balance	Studio 2
	12.00 - 12.30	RPM	Cycle		13.30 - 14.15	Body Pump	Studio 2
	12.10 - 12.55	Body Pump	Studio 2		13.45 - 14.15	RPM	Cycle
	14.00 - 14.50	RPM	Cycle		14.30 - 15.00	Les Mills Core	Studio 2
	14.30 - 15.15	Body Combat	Studio 2		15.00 - 15.50	RPM	Cycle
	16.15 - 16.45	RPM	Cycle		16.00 - 16.45	Body Balance	Studio 2
	17.00 - 17.30	Les Mills Core	Studio 2		17.00 - 17.30	RPM	Cycle
	18.05 - 18.55	RPM	Cycle				
19.15 - 20.00	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.

**Xcite Linlithgow**

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West Lothian Leisure (known as Xcite) is a Scottish Charity, SC027470.

[www.westlothianleisure.com](http://www.westlothianleisure.com)

