

VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	09.15 - 10.00	Body Combat	Studio
	10.15 - 11.00	Body Pump	Studio
	11.15 - 11.45	Sh'Bam	Studio
	12.00 - 12.45	Body Attack	Studio
	13.15 - 14.00	Body Combat	Studio
	14.30 - 15.15	Body Pump	Studio
	16.00 - 16.45	Sh'Bam	Studio
Tuesday	12.00 - 12.45	Sh'Bam	Studio
	15.00 - 15.45	Body Attack	Studio
Wednesday	13.00 - 13.45	Body Combat	Studio
	16.00 - 16.45	Body Attack	Studio
	20.00 - 20.45	Sh'Bam	Studio
Thursday	09.00 - 09.45	Body Attack	Studio
	10.45 - 11.30	Body Combat	Studio
	12.00 - 12.45	Body Pump	Studio
	15.00 - 15.45	Sh'Bam	Studio
	19.30 - 20.15	Body Pump	Studio
Friday	12.30 - 13.15	Body Attack	Studio
	15.00 - 15.45	Body Pump	Studio
	19.00 - 19.45	Sh'Bam	Studio
Sunday	10.30 - 11.15	Body Pump	Studio
	11.30 - 12.15	Body Attack	Studio
	13.00 - 13.45	Sh'Bam	Studio

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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Xcite Whitburn

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XCITE
West Lothian Leisure



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

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