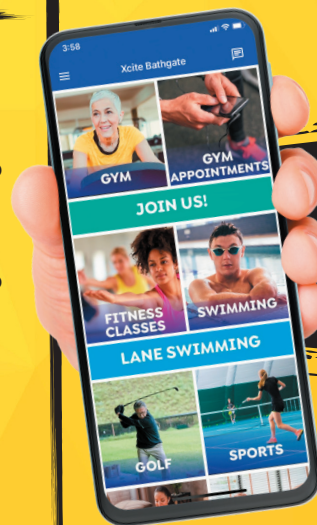


FITNESS CLASS TIMETABLE

Day	Time	Class	Location	Day	Time	Class	Location	
Monday	09.00 – 09.30	Xcite Gentle Exercise	Studio 3	Thursday	06.20 – 07.05	Xcite FIT	Gym	
	09.40 – 10.25	Xcite Cycle	Cycle Studio		09.00 – 09.30	Xcite Gentle Exercise	Studio 3	
	09.50 – 10.35	Xcite Aquafit	Pool		09.40 – 10.40	Body Step	Studio 3	
	10.45 – 11.30	Body Pump	Studio 3		09.50 – 10.35	Xcite Aquafit	Pool	
	12.30 – 13.15	Kettlercise	Studio 3		10.30 – 11.15	Xcite Cycle	Cycle Studio	
	17.35 – 18.20	Xcite Cycle	Cycle Studio		17.15 – 18.00	Xcite Power Ropes	Studio 1	
	17.50 – 18.20	Fitness Pilates HIT	Studio 2		18.05 – 18.50	Kettlercise	Studio 3	
	18.05 – 19.05	Body Pump	Studio 3		18.30 – 19.15	Les Mills Tone	Studio 1	
	18.05 – 18.50	Paracise	Studio 1		19.30 – 20.30	Body Jam	Studio 1	
	18.25 – 18.55	Sprint	Cycle Studio		Friday	09.10–10.10	Body Attack	Studio 3
	19.00 – 19.45	Xcite Sculpt	Studio 2			09.50 – 10.35	Paracise	Studio 1
	19.15 – 20.00	Body Step	Studio 3			17.15 – 18:00	Xcite Cycle	Cycle Studio
	19.00 – 20.00	Body Attack	Studio 1			18.15 – 18.55	Xcite Fit	Studio 1
Tuesday	09.00 – 10.00	Xcite Yoga: Hatha	Studio 1	Saturday	09.10 – 10.10	Les Mills Body Jam	Studio 1	
	09.30 – 10.15	Xcite Cycle	Cycle Studio		09.15 – 10.00	Kettlercise	Studio 3	
	10.20 – 10.50	Les Mills Core	Studio 3		10.10 – 10.55	Xcite Cycle	Cycle Studio	
	11.00 – 11.45	Fitness Pilates	Studio 3		10.20 – 11.20	Body Pump	Studio 3	
	12.15 – 13.00	Xcite FIT	Gym		10.25 – 11.10	Les Mills Tone	Studio 1	
	17.10 – 17.55	Xcite Power Ropes	Studio 1	Sunday	08.45 – 09.15	Kettlercise	Studio 1	
	17.30 – 18.00	Kettlercise	Studio 3		09.20 – 10.20	Body Pump	Studio 3	
	18.05 – 19.05	Body Attack	Studio 1		10.25 – 10.55	Sprint	Cycle Studio	
	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					
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 Balance	Studio 3					



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