FITNESS CLASS TIMETABLE

Day	Time	Class	Location
Monday	06.30 – 07.15	Body Pump	Studio 1
	18.00 – 19.00	Gentle Exercise	Studio 2
	19.15 – 20.00	Xcite Circuit	Studio 1
	19.25 – 20.10	Aquafit	Poolside
Tuesday	06.30 – 07.15	Xcite fit	Studio 1
	19.05 – 19.50	Body Balance	Studio 1
Wednesday	06.30 – 07.15	Xcite fit	Studio 1
Thursday	07.25 – 08.15	Xcite Sculpt	Studio 1
	18.00 – 19.00	Xcite Yoga	Studio 1
	19.10 – 20.10	Zumba	Studio 1
Friday	06.30 – 07.15	Body Pump	Studio 1
Saturday	09.05 – 10.05	Body Attack	Studio 1
	10.10 – 11.10	Body Pump	Studio 1
Sunday	09.05 – 09.50	Body Pump	Studio 1
	10.55 – 11.40	Body Balance	Studio 1

BOOK NOW ON THE XCITE APP

Winchburgh
T: 07909 392036

XCITE West Lothian Leisure

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

www.westlothianleisure.com