

FITNESS CLASS TIMETABLE

Day Time Class Location

Monday	09.15 - 09.45	Xcite Gentle Exercise	Studio
	09.00 - 9.45	Xcite Aquafit	Pool
	10.00 - 10.45	Xcite Aquafit	Pool
	10.00 - 11.00	Body Pump	Studio
	11.10 - 11.55	Body Balance	Studio
	17.30 - 18.30	Body Pump	Studio
	19.20 - 20.05	Kettlercise	Studio
	20.15 -21.15	Xcite Box: Queenax	Studio

Tuesday	09.00 - 9.45	Aqua Zumba	Pool
	09.30 - 10.15	Body Attack	Studio
	10.20 - 11.05	Body Balance	Studio
	11.15 - 12.00	Body Pump	Studio
	14.00 - 14.45	Paracise	Studio
	17.30 - 18.30	Xcite Yoga: Vinyasa	Studio
	19.00 - 19.45	Body Step	Studio

Wednesday	09.00 - 09.45	Aqua Zumba	Pool
	09.30 - 10.15	Body Attack	Studio
	10.20 - 11.05	Kettlercise	Studio
	11.15 - 12.00	Body Pump	Studio
	18.15- 19.15	Xcite Circuits: Queenax	Studio
	19.20 - 20.20	Xcite Yoga: Hatha	Studio

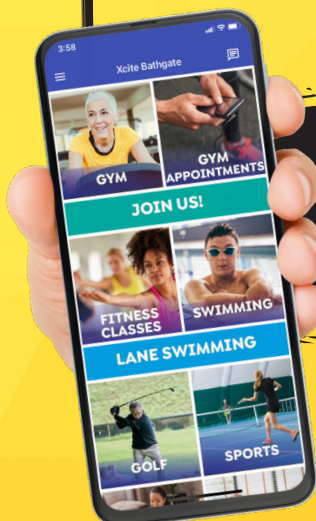
Day Time Class Location

Thursday	09.00 - 10.00	Xcite Yoga: Vinyasa	Studio
	09.00 - 09.45	Xcite Aquafit	Pool
	10.10 - 10.55	Xcite Circuits	Studio
	11.05 - 11.50	TRX Suspension	Studio
	17.10 - 17.55	Zumba	Studio
	18.00 - 18.45	Body Attack	Studio
	19.00-19.45	Aerial Yoga: Stretch	Studio

Friday	09.15 - 09.45	Xcite Gentle Exercise	Studio
	09.00 - 09.45	Xcite Aquafit	Pool
	10.15 - 11.00	Xcite Fit	Studio
	18.15 - 19.00	Paracise	Studio

Saturday	09.05 - 09.50	Aerial Yoga: Strength	Studio
	09.55 - 10.40	Aerial Yoga: Stretch	Studio
	10.45 - 11.30	Aerial Yoga: Relaxation	Studio

Sunday	10.30 - 11.30	Body Pump	Studio
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BOOK NOW ON THE XCITE APP

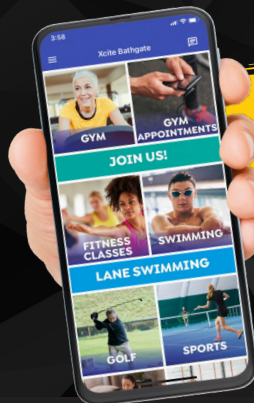
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VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	07.15 - 08.00	Body Pump	Studio
	16.30 - 17.00	Les Mills Core	Studio
	18.40 - 19.10	Body Combat	Studio
Tuesday	08.30 - 09.00	Les Mills Core	Studio
	13.00 - 13.30	Body Pump	Studio
	12.15 - 12.45	Les Mills Core	Studio
	19.50 - 20.35	Body Pump	Studio
Wednesday	08.00 - 08.30	Body Balance	Studio
	12.15 - 12.45	Les Mills Core	Studio
Thursday	08.30 - 09.00	Body Combat	Studio
	12.00 - 13.00	Body Pump	Studio
Friday	12.00 - 12.30	Les Mills Core	Studio
	12.00 - 13.00	Body Pump	Studio
Sunday	12.00 - 12.30	Body Combat	Studio
	13.00 - 13.30	Les Mills Core	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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