

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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Xcite Livingston

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