

FITNESS

CLASS TIMETABLE

Day	Time	Class	Location
Monday	09.30 - 10.15	Body Pump	Studio 1
	09.35 - 10.20	PiYo	Studio 2
	10.30 - 11.15	Body Balance	Studio 1
	10.30 - 11.15	Paracise	Sports Hall
	16.00 - 17.00	Ballroom Dancing	Studio 1
	17.25 - 18.10	Body Combat	Studio 1
	18.10 - 18.55	Xcite Cycle	Cycle Studio
	18.15 - 19.00	P90X	Studio 2
	18.20 - 19.05	Sh'Bam	Studio 1
	19.15 - 20.00	Body Attack	Studio 2
	19.15 - 20.15	Body Balance	Studio 2
19.30 - 20.30	Body Pump	Studio 1	

Day	Time	Class	Location
Tuesday	08.45 - 09.30	Xcite Gentle Exercise	Studio 1
	09.35 - 10.20	Body Pump	Studio 1
	10.30 - 11.15	Xcite Power Stretch	Studio 1
	17.30 - 18.30	Xcite Kettlebell	
		Circuits	Studio 1
	18.10 - 18.55	Xcite Cycle	Cycle Studio
	18.40 - 19.25	Body Attack	Studio 1
19.30 - 20.30	Body Combat	Studio 1	

Day	Time	Class	Location
Wednesday	09.30 - 10.30	Xcite Yoga: Vinyasa	Studio 1
	11.40 - 12.25	Paracise	Sports Hall
	14.30 - 15.15	Xcite Dance	Studio 1
	17.30 - 18.15	Xcite Cycle	Cycle Studio
	17.45 - 18.45	Xcite Kettlebell	
		Circuits	Studio 1
	18.00 - 19.00	Xcite Yoga: Vinyasa	Studio 2
	19.00 - 19.45	Body Pump	Studio 1
	19.10 - 19.55	Sh'Bam	Studio 2
	20.00 - 20.45	Body Balance	Studio 1

Day	Time	Class	Location
Thursday	08.45 - 09.30	Xcite Gentle Exercise	Studio 1
	09.35 - 10.20	Body Pump	Studio 1
	10.30 - 11.15	Xcite Power Stretch	Studio 1
	17.15 - 18.00	P90X	Studio 1
	18.00 - 19.00	PiYo	Studio 2
	18.15 - 19.00	Body Pump	Studio 1
	19.15 - 20.00	Body Combat	Studio 1

Day	Time	Class	Location
Friday	09.00 - 10.00	Xcite Yoga: Vinyasa	Studio 1
	10.10 - 11.05	Body Balance	Studio 1
	10.20 - 11.05	Xcite Cycle	Cycle Studio
	11.15 - 12.00	Xcite Pilates	Studio 1
	13.00 - 13.45	Xcite Stretch & Tone	Studio 1
	17.30 - 18.30	Body Pump	Studio 1
	17.45 - 18.30	Sh'Bam	Studio 2

Day	Time	Class	Location
Saturday	09.05 - 10.05	Xcite Kettlebell	
		Circuits	Studio 1
	09.05 - 10.05	Xcite Cycle	Cycle Studio
	10.15 - 11.00	Body Pump	Studio 1
	11.15 - 12.00	Body Balance	Studio 1

Day	Time	Class	Location
Sunday	09.10 - 10.10	Body Combat	Studio 1
	14.00 - 14.45	Line Dancing	
		Abs Beg	Studio 1
	15.00 - 15.45	Line Dancing Beg	Studio 1
	16.00 - 16.45	Line Dancing	
		Intermediate	Studio 1
	18.15 - 19.00	Sh'Bam	Studio 1



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Xcite Craigswood

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VIRTUAL FITNESS CLASSES

Day	Time	Class	Location
Monday	06.45 - 07.30	RPM	Cycle
	08.00 - 08.45	RPM	Cycle
	09.15 - 09.45	RPM	Cycle
	12.00 - 12.45	RPM	Cycle
	20.15 - 21.00	RPM	Cycle
	07.00 - 07.45	Body Pump	Studio 2
	08.00 - 08.45	Body Balance	Studio 2
	12.15 - 13.00	Sh'Bam	Studio 2
	17.00 - 17.45	Body Pump	Studio 2

Day	Time	Class	Location
Tuesday	06.45 - 07.30	RPM	Cycle
	08.00 - 08.45	RPM	Cycle
	09.15 - 09.45	RPM	Cycle
	12.00 - 12.45	The Trip	Cycle
	17.00 - 17.45	RPM	Cycle
	20.15 - 21.00	The Trip	Cycle
	07.00 - 07.45	Body Pump	Studio 2
	08.00 - 08.45	Body Balance	Studio 2
	12.15 - 13.00	Body Pump	Studio 2
17.00 - 17.45	Body Pump	Studio 2	

Day	Time	Class	Location
Wednesday	06.45 - 07.30	RPM	Cycle
	10.30 - 11.15	The Trip	Cycle
	12.00 - 12.45	RPM	Cycle
	17.00 - 17.30	RPM	Cycle
	07.00 - 07.45	Body Pump	Studio 2
	08.00 - 08.45	Sh'Bam	Studio 2
	09.25 - 10.10	Body Pump	Studio 2
	12.15 - 13.00	Body Balance	Studio 2
	13.30 - 14.15	Sh'Bam	Studio 2
	17.00 - 17.30	Body Pump	Studio 2
	20.15 - 21.00	Body Balance	Studio 2

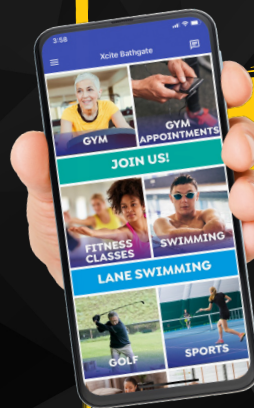
Day	Time	Class	Location
Thursday	06.45 - 07.30	RPM	Cycle
	11.00 - 11.30	RPM	Cycle
	12.00 - 12.45	The Trip	Cycle
	17.00 - 17.45	RPM	Cycle
	18.15 - 18.45	RPM	Cycle
	20.00 - 20.45	The Trip	Cycle
	07.00 - 07.45	Body Pump	Studio 2
	08.00 - 08.45	Body Balance	Studio 2
	12.15 - 13.00	Body Pump	Studio 2
14.00 - 14.45	Sh'Bam	Studio 2	
17.00 - 17.45	Body Pump	Studio 2	

Day	Time	Class	Location
Friday	06.45 - 07.30	RPM	Cycle
	08.00 - 08.30	RPM	Cycle
	12.30 - 13.00	RPM	Cycle
	19.00 - 19.30	RPM	Cycle
	07.00 - 07.45	Body Pump	Studio 2
	08.30 - 09.15	Body Balance	Studio 2
12.15 - 13.00	Body Pump	Studio 2	

Day	Time	Class	Location
Saturday	10.30 - 11.15	The Trip	Cycle
	12.00 - 12.45	RPM	Cycle

Day	Time	Class	Location
Sunday	09.15 - 10.00	RPM	Cycle
	10.30 - 11.15	RPM	Cycle
	12.00 - 12.45	The Trip	Cycle

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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