

Xcite Winchburgh

Group Fitness Timetable

Monday

06.30 – 07.15 Body Pump - Studio 1
19.15 – 20.00 Xcite Circuit - Studio 1
19.25 – 20.10 Aquafit - Poolside
20.20 – 21.05 Aquafit - Poolside

Tuesday

06.45 – 07.30 Body Combat - Studio 1
18.15-19.00 Power Stretch - Studio 1
19.05-19.50 Body Balance - Studio 1

Wednesday

06.45-07.00 Xcite Functional - Studio 1
18.00-18.45 Body Combat - Studio 1
19.00-19.45 Body Balance - Studio 1

Thursday

07.25-08.15 Xcite Sculpt - Studio 1
18.00-19.00 Xcite Yoga -Studio 1
18.30-19.15 Zumba - Studio 1
19.00-19.45 Zumba - Studio 1

Friday

06.30 – 07.15 Body Pump - Studio 1

Saturday

09.05 - 10.05 Body Attack - Studio 1
10.10-10.55 Body Pump - Studio 1

Sunday

09.05-09.50 Body Pump - Studio 1
10.55-11.40 Body Balance

