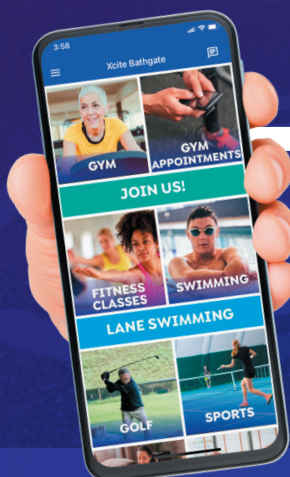


FITNESS CLASS TIMETABLE

Day	Time	Class	Location
Monday	06.30-07.15	Body Pump	Studio 1
	18.15-19.00	Xcite Circuit	Studio 1
	19.25-20.10	AquaFit	Poolside
	19.30-20.15	Tone	Studio 1
	20.20-21.05	AquaFit	Poolside
Tuesday	06.30-07.15	Body combat	Studio 1
	09.00-09.45	Gentle exercise	Studio 1
	18.15-19.00	Power Stretch	Studio 1
	19.05-19.50	Body Balance	Studio 1
Wednesday	18.00-18.45	Body Combat	Studio 1
	19.00-19.45	Body Balance	Studio 1
Thursday	18.30-19.15	Zumba	Studio 1
	19.15-20.15	Xcite Yoga	Studio 1
Friday	06.30 – 07.15	Body Pump	Studio 1
Saturday	09.15 – 10.00	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	Studio 1



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

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