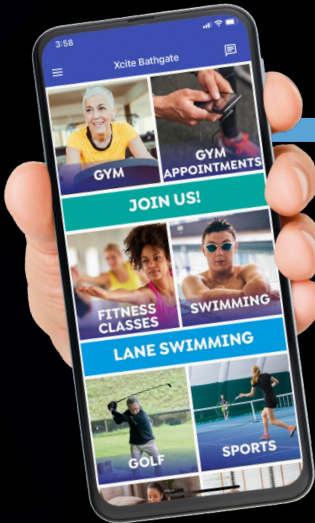


FITNESS CLASS TIMETABLE

DAY	TIME	CLASS	LOCATION	DAY	TIME	CLASS	LOCATION
MONDAY	10.00 - 10.45	Xcite Easy Line	Sports Hall	TUESDAY	10.00-10.45	Xcite Dance	Sports Hall
	10.50-11.35	Xcite Stretch & Tone	Sports Hall		18.00-18.45	Body Pump	Sports Hall
	11.45-12.30	Xcite Easy Line	Sports Hall		19.05 - 19.50	Zumba	Sports Hall
	18.05 - 18.50	Paracise	Sports Hall	WEDNESDAY	09.10 - 09.55	Paracise	Sports Hall
	18.15-19.15	Outdoor Bootcamp	3G / Grass Area		10.10-10.55	Zumba	Sports Hall
TUESDAY	10.00-10.45	Xcite Dance	Sports Hall		11.15-12.00	Xcite Easy Line	Sports Hall
	18.00-18.45	Body Pump	Sports Hall		12.05-12.50	Xcite Stretch & Tone	Sports Hall
	19.05 - 19.50	Zumba	Sports Hall	THURSDAY	18.10-18.55	Line Dancing	Sports Hall
	10.00-10.45	Xcite Dance	Sports Hall		18.15-19.15	Outdoor Bootcamp	3G / Grass Area
	18.00-18.45	Body Pump	Sports Hall		19.00-19.45	Beginner Line Dancing Level 2	Sports Hall
WEDNESDAY	09.10 - 09.55	Paracise	Sports Hall		18.10-18.55	Line Dancing	Sports Hall
	10.10-10.55	Zumba	Sports Hall	FRIDAY	09.05 - 09.50	Xcite Gentle Exercise	Sports Hall
	11.15-12.00	Xcite Easy Line	Sports Hall		10.00-10.45	Xcite Step Circuits	Sports Hall
	12.05-12.50	Xcite Stretch & Tone	Sports Hall		10.50-11.35	Xcite Dance	Sports Hall
	10.00-10.45	Xcite Dance	Sports Hall				



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