

VIRTUAL FITNESS CLASSES

| DAY | TIME | CLASS | LOCATION | DAY | TIME | CLASS | LOCATION |
|-----------|---------------|--------------------------------|--------------|----------|---------------|--------------------------------|--------------|
| MONDAY | 08:00 - 08:30 | Virtual Les Mills Sprint | Studio 2 | FRIDAY | 06:45 - 07:30 | Virtual Les Mills Body Pump | Studio 2 |
| | 09:00 - 09:45 | Virtual Les Mills Body Pump | Cycle Studio | | 07:00 - 07:45 | Virtual Les Mills RPM | Cycle Studio |
| | 12:00 - 12:45 | Virtual Les Mills Body Pump | Studio 2 | | 09:30 - 10:15 | Virtual Les Mills Body Pump | Studio 2 |
| | 12:00 - 12:45 | Virtual Les Mills RPM | Cycle Studio | | 12:00 - 12:45 | Virtual Les Mills RPM | Cycle Studio |
| | 16:30 - 17:15 | Virtual Les Mills The Trip | Cycle Studio | | 16:30 - 15:45 | Virtual Les Mills Body Pump | Studio 2 |
| | 19:00 - 19:45 | Virtual Les Mills RPM | Cycle Studio | | 16:30 - 17:00 | Virtual Les Mills Sprint | Cycle Studio |
| TUESDAY | 09:00 - 09:45 | Virtual Les Mills Body Pump | Studio 2 | SATURDAY | 18:00 - 18:45 | Virtual Les Mills Sh'bam | Studio 2 |
| | 09:00 - 09:45 | Virtual Les Mills RPM | Cycle Studio | | 16:30 - 10:25 | Virtual Les Mills RPM | Cycle Studio |
| | 11:00 - 11:45 | Virtual Les Mills Body Attack | Studio 2 | | 18:00 - 12:45 | Virtual Les Mills RPM | Cycle Studio |
| | 12:00 - 12:30 | Virtual Les Mills RPM Express | Studio 2 | | 13:00 - 13:45 | Virtual Les Mills Core | Studio 2 |
| | 17:00 - 17:45 | Virtual Les Mills Body Pump | Studio 2 | | 14:00 - 14:30 | Virtual Les Mills Sprint | Cycle Studio |
| | 19:30 - 20:00 | Virtual Les Mills Sprint | Cycle Studio | | 14:30 - 15:15 | Virtual Les Mills Body Balance | Studio 2 |
| WEDNESDAY | 07:15 - 08:00 | Virtual Les Mills The Trip | Studio 2 | SUNDAY | 09:15 - 09:45 | Virtual Les Mills RPM Express | Cycle Studio |
| | 12:00 - 12:30 | Virtual Les Mills Sprint | Cycle Studio | | 11:45 - 12:30 | Virtual Les Mills Body Pump | Studio 2 |
| | 17:15 - 18:00 | Virtual Les Mills Body Pump | Cycle Studio | | 14:00 - 14:45 | Virtual Les Mills Body Attack | Studio 2 |
| | 17:45 - 18:15 | Virtual Les Mills RPM Express | Cycle Studio | | 14:30 - 15:00 | Virtual Les Mills RPM Express | Cycle Studio |
| | 18:45 - 19:30 | Virtual Les Mills The Trip | Cycle Studio | | | | |
| THURSDAY | 08:40 - 09:25 | Virtual Les Mills RPM | Cycle Studio | | | | |
| | 12:30 - 13:00 | Virtual Les Mills Sprint | Cycle Studio | | | | |
| | 15:00 - 15:45 | Virtual Les Mills Body Balance | Studio 2 | | | | |
| | 17:30 - 18:15 | Virtual Les Mills Body Attack | Studio 2 | | | | |
| | 18:00 - 18:45 | Virtual Les Mills RPM | Cycle Studio | | | | |
| | 19:30 - 20:00 | Virtual Les Mills Sprint | Cycle 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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West Lothian Leisure (known as Xcite) is a Scottish Charity, SC027470.

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