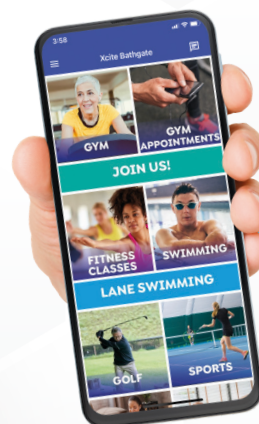


VIRTUAL FITNESS CLASSES

DAY	TIME	CLASS	LOCATION	DAY	TIME	CLASS	LOCATION
MONDAY	06:40 - 07:10	Body Pump	Studio 2	FRIDAY	06:45 - 07:15	Sprint	Cycle Studio
	06:45 - 07:30	RPM	Cycle Studio		06:45 - 07:15	Body Pump	Studio 2
	07:15 - 08:00	Body Balance	Studio 2		07:25 - 07:55	Body Balance Flexibility	Studio 2
	09:30 - 10:15	The Trip	Cycle Studio		12:15 - 13:00	Body Pump	Studio 2
	12:30 - 13:15	Body Attack	Studio 2		18:45 - 19:30	Body Balance	Studio 2
	19:30 - 20:15	RPM	Cycle Studio				
TUESDAY	06:45 - 07:15	Body Pump	Studio 2	SATURDAY	10:30 - 11:15	The Trip	Cycle Studio
	09:15 - 09:45	Sprint	Cycle Studio		10:30 - 11:15	Dance	Studio 2
	12:00 - 12:45	The Trip	Cycle Studio	SUNDAY	09:10 - 09:40	Body Attack	Studio 2
	12:30 - 13:15	Dance	Studio 2		09:15 - 10:00	RPM	Cycle Studio
	17:00 - 17:45	RPM	Cycle Studio		10:30 - 11:15	RPM	Cycle Studio
	18:30 - 19:00	RPM Express	Cycle Studio		11:30 - 12:15	Body Balance	Studio 2
WEDNESDAY	06:45 - 07:30	RPM	Cycle Studio	19:10 - 19:30	Body Balance Yoga	Studio 2	
	06:45 - 07:30	Body Pump	Studio 2				
	07:40 - 08:10	Body Attack	Studio 2				
	10:40 - 11:25	The Trip	Cycle Studio				
	12:00 - 12:45	RPM	Cycle Studio				
	17:00 - 17:30	Body Pump	Studio 2				
THURSDAY	06:40 - 07:25	RPM	Cycle Studio				
	06:45 - 07:30	Body Pump	Studio 2				
	07:40 - 08:25	Body Balance	Studio 2				
	10:00 - 10:30	Sprint	Cycle Studio				
	12:00 - 12:45	The Trip	Cycle Studio				
	12:30 - 13:15	Body Pump	Studio 2				
	17:30 - 18:15	RPM	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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