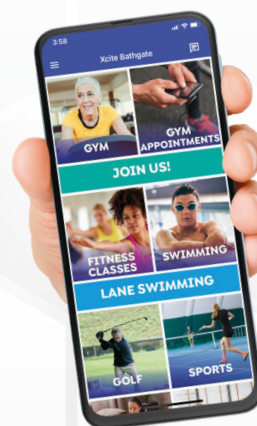


VIRTUAL FITNESS CLASSES

| DAY | TIME | CLASS | LOCATION | DAY | TIME | CLASS | LOCATION | |
|-----------|---------------|----------------------------|---------------|---------------|---------------|-----------------------|--------------|--------------|
| MONDAY | 06:15 | RPM Express | Cycle Studio | THURSDAY | 06:10 - 06:40 | Body Pump | Studio 2 | |
| | 06:45 | Body Attack | Studio 2 | | 07:20 - 08:05 | Body Combat | Studio 2 | |
| | 07:30 | Sprint | Cycle Studio | | 09:10 - 09:40 | RPM Express | Cycle | |
| | 09:15 | RPM | Cycle Studio | | 10:30 - 11:15 | Body Balance | Studio 2 | |
| | 09:30 | Body Combat | Studio 2 | | 13:00 - 13:45 | Body Attack | Studio 2 | |
| | 10:20 | Core | Studio 2 | | 13:50 - 14:20 | Balance - Flexibility | Studio 2 | |
| | 11:30 | Body Pump | Studio 2 | | FRIDAY | 06:10 - 06:40 | Body Pump | Studio 2 |
| | 12:25 | Body Balance - Flexibility | Studio 2 | | | 07:30 - 08:00 | Mills Sprint | Cycle Studio |
| 17:40 | Sprint | Cycle Studio | 09:30 - 10:00 | Core | | Studio 2 | | |
| TUESDAY | 06:15 - 06:45 | RPM Express | Cycle Studio | 10:05 - 10:50 | | Body Attack | Studio 2 | |
| | 06:20 - 06:50 | Body Combat | Studio 2 | 10:15 - 10:45 | | RPM Express | Cycle Studio | |
| | 09:20 - 10:05 | Body Balance | Studio 2 | 12:10 - 12:55 | Body Pump | Studio 2 | | |
| | 10:15 - 11:00 | Body Pump | Studio 2 | 18:15 - 18:45 | Sprint | Cycle Studio | | |
| | 11:30 - 12:15 | Body Balance - Yoga | Studio 2 | SATURDAY | 13:15 - 14:00 | Body Pump | Studio 2 | |
| | 13:05 - 13:35 | Body Balance - Flexibility | Studio 2 | | 10:15 - 10:45 | Core | Cycle Studio | |
| WEDNESDAY | 06:15 - 06:45 | Body Combat | Studio 2 | | 14:00 - 14:45 | Body Balance | Cycle Studio | |
| | 09:00 - 09:50 | RPM | Cycle Studio | SUNDAY | 09:20 - 10:05 | Sh'Bam | Studio 2 | |
| | 09:40 - 10:10 | Core | Studio 2 | | 10:15 - 10:45 | Core | Studio 2 | |
| | 12:10 - 12:55 | Body Pump | Studio 2 | | 11:00 - 11:45 | Body Balance | Cycle Studio | |
| | 17:40 - 18:10 | Core | Studio 2 | | 11:50 - 12:20 | Body Pump | Studio 2 | |
| | 18:30 - 19:00 | RPM Express | Cycle Studio | | | | | |
| | 19:15 - 20:00 | Body Balance | Studio 2 | | | | | |



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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