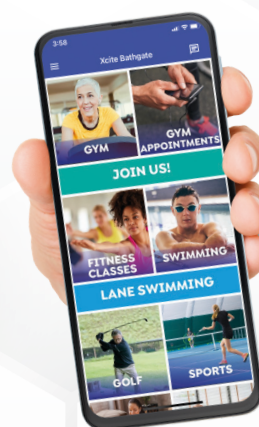


VIRTUAL FITNESS CLASSES

DAY	TIME	CLASS	LOCATION	DAY	TIME	CLASS	LOCATION
MONDAY	10:00 - 11:00	Body Pump	Studio	THURSDAY	09:00 - 09:45	Body Attack	Studio
	11:05 - 11:35	Core	Studio		09:50 - 10:20	Core	Studio
	13:00 - 13:45	Body Attack	Studio		16:30 - 17:15	Body Pump	Studio
	16:00 - 16:45	Body Pump	Studio	FRIDAY	14:20 - 15:05	Body Pump	Studio
TUESDAY	11:00 - 11:30	Core	Studio		15:15 - 16:00	Body Combat	Studio
	11:30 - 12:15	Body Combat	Studio	SUNDAY	10:40 - 11:20	Body Pump	Studio
	15:05 - 15:50	Body Attack	Studio		13:00 - 13:45	Body Balance	Studio
WEDNESDAY	13:00 - 13:45	Body Attack	Studio				
	15:15 - 16:00	Body Pump	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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