

VIRTUAL FITNESS CLASSES

DAY	TIME	CLASS	LOCATION	DAY	TIME	CLASS	LOCATION
MONDAY	06:15 - 07:15	Virtual Les Mills Body Combat	Studio 3	FRIDAY	06:15 - 07:00	Virtual Les Mills Body Attack	Studio 3
	12:30 - 13:15	Virtual Les Mills Body Pump	Studio 3		07:10 - 07:55	Virtual Les Mills Body Combat	Studio 3
	13:40 - 14:25	Virtual Les Mills Body Balance	Studio 3		12:00 - 12:45	Virtual Les Mills Body Pump	Studio 3
	15:30 - 16:15	Virtual Les Mills Body Pump	Studio 3		14:00 - 14:45	Virtual Les Mills Body Balance	Studio 3
	06:15 - 07:00	Virtual Les Mills The Trip	Cycle		06:15 - 06:45	Virtual Les Mills Sprint	Cycle
	07:10 - 07:55	Virtual Les Mills Sprint	Cycle		07:00 - 07:30	Virtual Les Mills RPM	Cycle
	13:30 - 14:00	Virtual Les Mills Sprint	Cycle		07:45 - 08:15	Virtual Les Mills Sprint	Cycle
	16:45 - 17:15	Virtual Les Mills Sprint	Cycle		09:30 - 10:00	Virtual Les Mills Sprint	Cycle
	19:30 - 20:00	Virtual Les Mills Sprint	Cycle		12:30 - 13:15	Virtual Les Mills RPM	Cycle
TUESDAY	06:15 - 06:45	Virtual Les Mills Body Pump	Studio 3	SATURDAY	08:15 - 09:00	Virtual Les Mills RPM	Cycle
	08:05 - 08:50	Virtual Les Mills Body Balance	Studio 3	SUNDAY	09:00 - 09:45	Virtual Les Mills Body Pump	Studio 3
	12:00 - 12:30	Virtual Les Mills Body Pump	Studio 3		08:15 - 09:00	Virtual Les Mills RPM	Cycle
	13:00 - 13:45	Virtual Les Mills Sh'bam	Studio 3		13:00 - 13:30	Virtual Les Mills Sprint	Cycle
	06:15 - 06:45	Virtual Les Mills RPM	Cycle				
	07:45 - 08:15	Virtual Les Mills Sprint	Cycle				
20:15 - 20:45	Virtual Les Mills Sprint	Cycle					
WEDNESDAY	06:15 - 07:00	Virtual Les Mills Body Attack	Studio 3				
	07:10 - 07:55	Virtual Les Mills Core	Studio 3				
	12:00 - 12:45	Virtual Les Mills Body Pump	Studio 3				
	06:15 - 07:00	Virtual Les Mills RPM	Cycle				
	07:15 - 07:45	Virtual Les Mills Sprint	Cycle				
	09:00 - 09:45	Virtual Les Mills RPM	Cycle				
	12:30 - 13:00	Virtual Les Mills Sprint	Cycle				
	06:15 - 07:00	Virtual Les Mills Body Pump	Studio 3				
THURSDAY	12:30 - 13:15	Virtual Les Mills Body Pump	Studio 3				
	13:30 - 14:15	Virtual Les Mills Body Balance	Studio 3				
	15:15 - 15:45	Les Mills Grit Strength	Studio 3				
	06:15 - 06:45	Virtual Les Mills Sprint	Cycle				
	07:00 - 07:45	Virtual Les Mills RPM	Cycle				
	09:00 - 09:30	Virtual Les Mills Sprint	Cycle				
	13:30 - 14:00	Virtual Les Mills Sprint	Cycle				
	18:15 - 19:00	Virtual Les Mills RPM	Cycle				
	19:15 - 19:45	Virtual Les Mills Sprint	Cycle				
	17:00 - 17:30	Virtual Les Mills Sprint	Cycle				



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.



XCITE BATHGATE T: 01506 237910

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