

Group X Timetable

Monday 11 October - Sunday 24 October

For class descriptions visit: www.pickaquoy.co.uk

MON 11	TUES 12	WED 13	THUR 14	FRI 15	SAT 16
Cycle Express 0700-0730	Circuits 0700-0745	Coach By Color® 0700-0745	Circuits 0700-0745	Coach By Color® 0700-0745	BodyStep™ 1000-1045
BodyPump™ 0930-1015	Movement Matters Xtra 0945-1030	Get Fit 0930-1015	Movement Matters 0930-1015	Get Fit 0930-1015	Aqua Zumba® 1500-1545
BodyBalance™ 1030-1125	Yoga Align 1130-1215	Stretch & Flex 1310-1340	Yoga Hit 1045-1115	Chair Based Stretch 1030-1115	
Aqua Zumba Lt® 1130-1215	BodyPump™ 1730-1815	Aqua Natal 1700-1800	Yoga for Strength 1145-1230	Metcon Circuit 1310-1340	
Walking Football 1230-1400	Zumba® 1830-1915	BodyStep™ 1730-1815	Walking Football 1230-1400	BodyPump™ 1730-1800	
Stretch & Flex 1310-1340	Stretch & Flex 1930-2015	Zumba® 1830-1915	BOXFIT 1730-1815	BodyAttack™ 1815-1845	
BodyPump™ 1730-1800		Aqua Zumba® 1930-2015	Coach By Color® 1745-1830		
BodyAttack™ 1815-1845					
Group PT* 1845-1945					

*extra charge, visit website for full details



MON 18	TUES 19	WED 20	THUR 21	FRI 22	SAT 23
Cycle Express 0700-0730	Circuits 0700-0745	Metcon Circuit 0700-0745	Circuits 0700-0745	Cycle Express 0645-0715	Aqua Zumba® 1500-1545
BodyPump™ 0930-1015	Get Fit 1215-1300	Get Fit 0930-1015	BodyBalance™ 0930-1015	Get Fit 0930-1015	BodyPump™ 1600-1645
BodyBalance™ 1030-1125	BodyPump™ 1730-1815	Stretch & Flex 1310-1340	Walking Football 1230-1400	Chair Based Stretch 1030-1115	
Aqua Zumba Lt® 1130-1215	Zumba® 1830-1915	Aqua Natal 1700-1800	Stretch & Flex 1310-1340	Metcon Circuit 1310-1340	
Walking Football 1230-1400	Stretch & Flex 1930-2015	BodyStep™ 1730-1815	Coach By Color® 1745-1830	Circuits 1730-1815	
Stretch & Flex 1310-1340		Zumba 1830-1915			
BodyPump™ 1730-1800		Aqua Zumba® 1930-2015			
BodyAttack™ 1815-1845					
Group PT* 1845-1945					

*extra charge, visit website for full details



ActiveLife Booking & Cancellation Policy

ActiveLife members can book classes up to 14 days in advance, registered users can book up to 7 days in advance. We operate a 6-hour cancellation policy. If you do not notify us of a cancellation at least 6 hours in advance, then you will be charged the full Pay "n" Play fee at your next visit. All Picky classes must be pre-booked online at www.pickaquoy.co.uk/book-online.