

Group X Timetable

Monday 25 October - Sunday 19 December

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|------------------------------------|------------------------------|--------------------------------|----------------------------------|--------------------------|
| 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 | BodyBalance™ 0930-1015 | Get Fit 0930-1015 | Aqua Zumba® 1500-1545 |
| BodyBalance™ 1030-1125 | Yoga Align 1130-1215 | Mindful Yoga 1230-1330 | Movement Matters 0930-1015 | Chair Based Stretch 1030-1115 | BodyPump™ 1600-1645 |
| Aqua Zumba Lt® 1130-1215 | BodyPump™ 1730-1815 | BodyStep™ 1730-1815 | Yoga Hit 1045-1115 | Metcon Circuit 1310-1340 | |
| Walking Football 1230-1400 | Zumba® 1830-1915 | Aqua Natal 1730-1830 | Yoga for Strength 1145-1230 | BodyPump™ 1730-1800 | |
| Stretch & Flex 1310-1340 | Stretch & Flex 1930-2015 | Zumba® 1830-1915 | Walking Football 1230-1400 | BodyAttack™ 1815-1845 | |
| BodyPump™ 1730-1800 | | Aqua Zumba® 1930-2015 | BOXFIT 1730-1815 | | |
| BodyAttack™ 1815-1845 | | Pilates 2000-2100 | Coach By Color® 1745-1830 | | |
| Group PT* 1845-1945 | | | | | |

*extra charge, visit [website](http://www.pickaquoy.co.uk) for full details



ActiveLife Booking & Cancellation Policy

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