

Group X Timetable

Monday 3 January - Sunday 3 April

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	Get Fit II 0930 - 1015	Yoga Hit 1045-1115	Chair Based Stretch 1030-1115	BodyPump™ 1600-1645
Aqua Zumba Lt® 1130-1215	BodyPump™ 1730-1815	Mindful Yoga 1230-1330	Yoga for Strength 1145-1230	Strength Circuits 1310-1340	
BodyPump™ 1730-1800	Zumba® 1830-1915	BodyStep™ 1730-1815	Coach By Color® 1730-1815	BodyPump™ 1730-1800	
BodyAttack™ 1815-1845	Stretch & Flex 1930-2015	Aqua Natal 1730-1830	BodyPump™ 1845-1930	BodyAttack™ 1815-1845	
Group PT* 1845-1945		Pilates 2000-2100			

*extra charge, visit website for full details

SCAN ME TO BOOK ONLINE



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.