

# Group X Timetable

Monday 18 April - Sunday 3 July

For class descriptions visit: [www.pickaquoy.co.uk](http://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	BodyPump™ 1000-1045
BodyPump™ 0930-1015	Movement Matters Xtra 0945-1030	Get Fit 0930-1015	BodyBalance™ 0930-1015	Get Fit 0930-1015	
BodyBalance™ 1030-1125	Yoga Align 1130-1215	Get Fit II 0930 - 1015	Yoga Hit 1100-1130	Get Fit II 0930-1015	
Boxing Circuits 1310-1340	BodyPump™ 1730-1815	Mindful Yoga 1200-1245	Yoga for Strength 1200-1245	Chair Based Exercise 1030-1115	
Walking Football 1230-1400	Zumba® 1830-1915	Relaxation 1300-1345	Walking Football 1230-1400	Stretch & Flex 1145-1215	
BodyPump™ 1730-1800	BodyBalance 1930-2015	BodyStep™ 1730-1815	Coach By Color® 1730-1815	Strength Circuits 1310-1340	
BodyAttack™ 1815-1845		Outdoor Fitness 1745-1830	BOXFIT 1730-1815	BodyPump™ 1730-1800	
Group PT* 1845-1945		Aqua Natal 1730-1830	BodyPump™ 1845-1930	BodyAttack™ 1815-1845	
		Pilates 2000-2100			

\*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 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](http://www.pickaquoy.co.uk/book-online).