

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	Chair Based Exercise 0945-1030	Get Fit 0930-1015	BodyBalance™ 0930-1015	Get Fit 0930-1015	SUNDAY Walking Football 1800-1930
BodyBalance™ 1030-1125	BodyPump™ 1730-1815	Get Fit II 0930 - 1015	Mat Pilates Express 1115-1145	Chair Based Exercise 1030-1115	
Aqua Aerobics 1130 - 1215	Zumba® 1830-1915	Mindful Yoga 1200-1245	Yoga for Strength 1200-1245	Stretch & Flex 1145-1215	
Boxing Circuits 1310-1340	BodyBalance 1930-2015	Relaxation 1300-1345	BOXFIT 1730-1815	Strength Circuits 1310-1340	
Group PT* 1845-1945		Aqua Natal 1730-1830	Coach By Color® 1730-1815	Outdoor Fitness 1730-1815	
		Deep Water Aerobics 1845-1930	BodyPump™ 1845-1930		
		Pilates 2000-2100			

*extra charge, visit website for full details

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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.