

# Group X Timetable

Monday 15 August - Sunday 9 October

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 0945-1035	Get Fit 0930-1015	BodyBalance™ 0930-1015	Get Fit 0930-1015	Deep Water Aerobics 1500-1545
BodyBalance™ 1030-1125	Yoga Align 1130-1215	Get Fit II 0930-1015	Yoga for Strength 1200-1245	Chair Based Exercise 1030-1115	
Aqua Aerobics 1130 - 1215	BodyPump™ 1730-1815	Mindful Yoga 1200-1245	Walking Football 1230-1400	Stretch & Flex 1145-1215	
Walking Football 1230-1400	Zumba® 1830-1915	Relaxation 1300-1345	BOXFIT 1730-1815	Strength Circuits 1310-1340	
Boxing Circuits 1310-1340	BodyBalance™ 1930-2015	Aqua Natal 1730-1830	Coach By Color® 1730-1815	Outdoor Fitness 1730-1815	
BodyPump™ 1730-1815		Deep Water Aerobics 1845-1930	BodyPump™ 1845-1930		
Group PT* 1845-1945					

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