

Group X Timetable

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Cycle 0700-0745	Circuits 0700-0745	Indoor Cycle 0645 - 0730	Circuits 0700-0745	Coach By Color® 0645 - 0715	BodyPump™ 0930 - 1015
BodyPump™ 0930-1015	Movement Matters Xtra 0945-1035	Powerswim 0715-0745	BodyBalance™ 0930-1015	Get Fit 0930-1015	Deep Water Aerobics 1500-1545
BodyBalance™ 1030-1115	Yoga Align 1130-1215	Get Fit 0930-1015	Yoga For Strength 1200-1245	Get Fit II 0930-1015	SUNDAY Masters Swimming 1630-1730
Aqua Aerobics 1130 - 1215	Skills & Drills 1245-1315	Get Fit II 0930-1015	Walking Football 1230-1400	Chair Based Exercise 1030-1115	
Chair Based Exercise 1130-1215	BodyPump™ 1730-1815	Women's Only Drop-In Session 1045-1145	Aqua Fit 1630-1715	Stretch & Flex 1145-1215	
Walking Football 1230-1400	Zumba® 1830-1915	Mindful Yoga 1200-1245	Coach By Color® 1730-1815	Skills & Drills 1730-1800	
BodyPump™ 1730-1815		Relaxation 1300-1345	BodyPump™ 1845-1930		
		Aqua Natal 1730-1830			
		Zumba 1800-1845			
		Deep Water Aerobics 1845-1930			

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.

SCAN ME TO BOOK ONLINE

