

# Group X Timetable

For class descriptions visit: [www.pickaquoy.co.uk](http://www.pickaquoy.co.uk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycle 0700-0745	Circuits 0700-0745	Indoor Cycle 0645 - 0730	Circuits 0700-0745	Coach By Color® 0645 - 0715	Yoga for Release 0900-0945	
BodyPump 0930-1015	Movement Matters Xtra 0945-1035	Powerswim 0715-0745	BodyBalance™ 0930-1015	Get Fit 0915-1000	BodyPump™ 0930 - 1015	
Chair Based Exercise 1015 - 1100	Yoga Align 1130-1215	Get Fit 0915 - 1000	Movement Matters 1045 - 1130	Chair Based Exercise 1030-1115	Deep Water Aerobics 1500-1545	
BodyBalance™ 1030-1115	Skills & Drills 1245-1315	Women's Only Drop-In Session 1045-1145	Yoga For Strength 1200-1245	Skills & Drills 1730-1800		
Aqua Aerobics 1130 - 1215	BodyPump™ 1730-1815	Mindful Yoga 1200-1245	Walking Football 1230-1400		Masters Swimming 1630-1730	
Walking Football 1230-1400	Zumba® 1830-1915	Relaxation 1300-1345	Aqua Fit 1630-1715		Walking Football 1230-1400	
BodyPump™ 1730-1815		Aqua Natal 1730-1830	Coach By Color® 1730-1815			
		Zumba 1800-1845	BodyPump™ 1845-1930			
		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

