

Group X Timetable

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycle 0700-0745	Circuits 0700-0745	Indoor Cycle 0645 - 0730	Body Combat 0645-0730	Coach By Color® 0645 - 0715	Yoga for Release 0900-0945	
BodyPump™ 0930-1015	Movement Matters Xtra 1000-1100	BodyPump™ 0700-0730	Circuits 0700-0745	BodyPump™ 0700-0730	BodyPump™ 0930-1015	
Chair Based Exercise 1015 - 1100	Yoga Align 1130-1215	Powerswim 0715-0745	BodyBalance™ 0930-1015	Get Fit 0915-1000	Deep Water Aerobics 1500-1545	
BodyBalance™ 1030-1115	Skills & Drills 1245-1315	Get Fit 0915-1000	Movement Matters 1045 - 1130	Get Fit II 0915-0945	Indoor Cycle Beginner 1600-1630	
Aqua Aerobics 1130 - 1215	BodyPump™ 1730-1815	Get Fit II 0915-0945	Yoga For Strength 1200-1245	Pure Stretch 1015-1100		
Walking Football 1230-1400	Indoor Cycle 1745-1815	Women's Only Circuits 1045-1130	Walking Football 1230-1400	Chair Based Exercise 1030-1115	Masters Swimming 1630-1730	
BodyPump™ 1730-1815	Zumba® 1830-1915	Mindful Yoga 1200-1245	Coach By Color® 1715-1800	Circuits 1245-1315		
Body Combat 1830-1915		Relaxation 1300-1345	BodyPump™ 1830-1915	Skills & Drills 1730-1800		
		Aqua Natal 1740-1810				
		Zumba 1745-1830				
		Pure Stretch 1845-1930				
		Deep Water Aerobics 1845-1930				

SCAN ME FOR CURRENT PROGRAMME CHANGES



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

