

MONDAY

Cycle Express***	0715-0745
BodyPump**	0930-1015
BodyBalance*	1030-1130
Aqua Zumba Lt*	1130-1215
Power Swim***	1245-1315
Walking Football*	1300-1400
Boxing Circuits*	1310-1340
BodyCombat**	1730-1815
Zumba Fitness**	1830-1915

TUESDAY

Circuits***	0700-0745
Fit 'n' 50*	1000-1100
Yoga for Strength**	1200-1255
BodyPump***	1310-1345
Bootcamp***	1310-1340
Tone**	1730-1815
STRONG***	1830-1915
BodyBalance*	1930-2015

WEDNESDAY

Power Swim***	0715-0745
Cycle Express***	0715-0745
Centered Yoga*	1000-1100
BodyBalance*	1200-1245
Skills & Drills*	1245-1315
Strength Circuits**	1310-1340
Cycle Fit**	1730-1815
GRIT Strength***	1730-1800
STRONG***	1805-1850
Zumba Fitness**	1900-1945

Opening Times:

Gym, Strength & Conditioning (S&C) and Functional Training (FT):

Mon – Fri: 0630 - 2200
Sat – Sun: 0900 - 2000

* For closures and updates, please check www.pickaquoy.co.uk/programme-changes

THURSDAY

FatBurn Extreme***	0700-0730
Fit 'n' 50*	0945-1045
Yoga for Strength**	1200-1255
Walking Football*	1300-1400
BodyPump***	1310-1345
Chair Yoga*	1315-1400
Aqua-Natal*	1715-1800
Zumba Fitness**	1730-1815
BarreConcept**	1730-1815
BodyPump***	1830-1915
Pilates*	1830-1915
Fitness Yoga*	1930-2015

FRIDAY

Cycle Express***	0715-0745
Zumba Light*	0945-1030
Body Balance*	1045-1130
GRIT Strength***	1310-1340
BodyCombat**	1730-1815
Centred Yoga*	1730-1830
Skills & Drills*	1730-1800
Zumba Fitness**	1830-1915

SATURDAY

Fitness Yoga*	1000-1100
BarreConcept**	1130-1215
Aqua Zumba**	1500-1545
BodyPump***	1600-1700

SUNDAY

STRONG***	1130-1215
Masters***	1700-1800

For all up-to-date information on classes, visit us on:

www.pickaquoy.co.uk
01856 879900

*LOW INTENSITY **MEDIUM INTENSITY ***HIGH INTENSITY

AQUA

Bring some fun into your workout and step into the pool. Working out in water enables you to perform movements with reduced impact on joints.

CARDIO

Cardio is any movement that gets your heart rate up and increases blood circulation. It's great for burning calories and weight loss.

STRENGTH

Strength training makes you stronger and fitter. It helps keep the weight off, boosts energy levels and improves your mood.

MIND & BODY

These classes aim to improve your flexibility, awareness and mindfulness, paying particular attention to body breathing and alignment.