



the pickaquoy centre



strength & conditioning gym

Strength & Conditioning

Opening Times

From 02/05/23



	S&C Opening Times	S&C Closed to Public
Mon	0630-2200	1630-1945
Tues	0630-2200	0930-1030 1400-1500 1600-1700 1900-2030 Women's ONLY Session
Wed	0630-2200	1730-1930
Thurs	0630-2200	1630-1730
Fri	0630-2200	1430-1530 1845-1945
Sat	0845-2000	
Sun	0845-2000	

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