

Group X Timetable

From Tuesday 22nd August 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle Express 0700-0730	Circuits 0700-0745	Coach By Color® 0700-0745	Circuits 0700-0745	Coach By Color® 0700-0745	BodyPump™ 1000-1045
BodyPump™ 0930-1015	**Group PT 0930-1030	Powerswim 0715-0745	BodyBalance™ 0930-1015	Get Fit 0930-1015	Deep Water Aerobics 1500-1545
BodyBalance™ 1030-1115	Movement Matters Xtra 0945-1035	Get Fit 0930-1015	Mat Pilates 1100-1145 (Term Time only)	Get Fit II 0930-1015	SUNDAY Masters Swimming 1630-1730
Aqua Aerobics 1130 - 1215	Yoga Align 1130-1215	Get Fit II 0930-1015	Yoga For Strength 1200-1245	Chair Based Exercise 1030-1115	
Walking Football 1230-1400	Skills & Drills 1245-1315	*Women's Only Drop-In Session 1030-1130	Walking Football 1230-1400	Stretch & Flex 1145-1215	
BodyPump™ 1730-1815	Aqua Aerobics 1500-1545	Mindful Yoga 1200-1245	BOXFIT 1730-1815	Skills & Drills 1730-1800	
	BodyPump™ 1730-1815	Relaxation 1300-1345	Coach By Color® 1730-1815		
	Zumba® 1830-1915	Aqua Natal 1730-1830	BodyPump™ 1845-1930		
	BodyBalance™ 1930-2015	Dance Aerobics 1800-1845			
		Deep Water Aerobics 1845-1930			

**Runs as a course, please ask for details

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

