

# Group X Timetable



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	Movement Matters Xtra 0945-1035	Powerswim 0715-0745	BodyBalance™ 0930-1015	Get Fit 0930-1015	Deep Water Aerobics 1500-1545	
BodyBalance™ 1030-1115	Yoga Align 1130-1215	Get Fit 0930-1015	Mat Pilates 1100-1145 (Term Time only)	Get Fit II 0930-1015		Masters Swimming 1630-1730
Aqua Aerobics 1130 - 1215	Skills & Drills 1245-1315	Get Fit II 0930-1015	Yoga For Strength 1200-1245	Chair Based Exercise 1030-1115		
Chair Based Exercise 1130-1215	BodyPump™ 1730-1815	Women's Only Drop-In Session 1045-1145	Walking Football 1230-1400	Stretch & Flex 1145-1215		
Walking Football 1230-1400	Zumba@ 1830-1915	Mindful Yoga 1200-1245	Aqua Fit 1630-1715	Skills & Drills 1730-1800		
BodyPump™ 1730-1815	BodyBalance™ 1930-2015	Relaxation 1300-1345	BOXFIT 1730-1815			
		Aqua Natal 1730-1830	Coach By Color® 1730-1815			
		Dance Aerobics 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

