



# AJ'S GROUPTFITNESS TIMETABLE

Effective from Monday 6th February 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:25am	<b>CX-WORX</b> Tiffany S1		<b>CX-WORX</b> Tiffany S1		<b>TRX</b> Alice S4	
6:00am	<b>CYCLE CLASS</b> Tiffany S5	<b>LES MILLS BODYPUMP</b> Tiffany S1	<b>CYCLE CLASS</b> Tiffany S5	<b>LES MILLS BODYPUMP</b> Elsie S1	<b>CYCLE CLASS</b> Jessica S5	
8:00am						<b>CYCLE CLASS</b> Dean S5 <b>LES MILLS BODYPUMP</b> Alison S1
9:00am	<b>LES MILLS BODYPUMP</b> Renato S1	<b>LES MILLS BODYCOMBAT</b> Renato S1	<b>SH'BAM</b> Renato S1	<b>LES MILLS BODYPUMP</b> Alison S1	<b>SH'BAM</b> Renato S1	<b>LES MILLS BODYCOMBAT</b> Andrew / Alison S1
9:00am			<b>BoxFIT</b> Rebecca S3			
9:30am	*ladies circuit Tiffany S2	*ladies circuit Tiffany.L S2	*ladies circuit Karen S2	*ladies circuit Rebecca S2	*ladies circuit Rebecca S2	<b>CX-WORX</b> Renato S4
10:00am	<b>CX-WORX</b> Renato S1	<b>PILATES</b> Alice S1	<b>LES MILLS BODYBALANCE</b> Karen S1	<b>LES MILLS BODYSTEP</b> Alison S1	<b>LES MILLS BODYBALANCE</b> Alice S1	<b>SH'BAM</b> Renato S1
10:00am					<b>CYCLE CLASS</b> Renato S5	
11:00am				<b>ZUMBA FITNESS</b> Renato S1		<b>LES MILLS BODYBALANCE</b> Jess S1
4:00pm		<b>CYCLE CLASS</b> Renato S5		<b>CYCLE CLASS</b> Renato S5		
4:00pm	<b>Kids qvm</b> 8 - 12 comm 23 Jan Rebecca S1		<b>Zumba Atlantic</b> Lil Starz 4 - 7 Laura S1	<b>Zumba Atlantic</b> Lil Starz 4 - 7 Laura S1		<b>ZUMBA FITNESS</b> Michael S1
4:35pm	<b>Junior Cycle</b> 8 - 12 S5 Tiffany Com 13 Feb	<b>Junior BoxFIT</b> 8 - 12 S3 Tiffany	<b>Zumba Atlantic</b> Big Starz 8 - 12 Laura S1	<b>Zumba Atlantic</b> Big Starz 8 - 12 Laura S1		
4:35pm			<b>Junior Cycle</b> 8 - 12 Tiffany S5			
4:45pm	<b>CX-WORX</b> Renato S1	<b>TRX</b> Tiffany S4		<b>TRX</b> Rebecca S4		
5:30pm	<b>LES MILLS BODYPUMP</b> Alison / Nick S1	<b>LES MILLS BODYSTEP</b> Alison S1	<b>ABT</b> Heidi S1	<b>LES MILLS BODYCOMBAT</b> Renato S1	<b>LES MILLS BODYPUMP</b> Chris S1	
6:00pm	*ladies circuit Niki S2	*ladies circuit Chris S2	*ladies circuit Niki S2	*ladies circuit Tiffany Lisa S2		
6:00pm				<b>CYCLE CLASS</b> Chris S5		
6:30pm	<b>TRX</b> Tiff S4		<b>TRX</b> Niki S4			
6:30pm	<b>BoxFIT</b> Rebecca S3	<b>BoxFIT</b> Renato S3	<b>BoxFIT</b> Tiff Lisa S3	<b>BoxFIT</b> Tiffany S3	<b>LES MILLS BODYBALANCE</b> Chris S1	
6:30pm	<b>CYCLE CLASS</b> Dean S5	<b>CYCLE CLASS</b> Paula S5	<b>CYCLE CLASS</b> Tiffany S5	<b>CX-WORX</b> Renato S1		
6:30pm	<b>LES MILLS BODYCOMBAT</b> Alison / Nick S1	<b>LES MILLS BODYPUMP</b> Alison S1	<b>SH'BAM</b> Renato / Nick S1			
7:30pm		<b>TRX</b> Tiff S4		<b>7:15PM ZUMBA FITNESS</b> Michael S1		S1 - Studio 1 S2 - Studio 2 S3 - Studio 3 S4 - Studio 4 S5 - Studio 5
7:30pm	<b>ART</b> Heidi S1	<b>LES MILLS BODYBALANCE</b> Chris S1	<b>PILATES</b> Alice S1	<b>8:00PM CHI BALL</b> Chris S1		
8:30pm	<b>SH'BAM</b> Renato S1	<b>ZUMBA FITNESS</b> Renato S1				

Childminding hours

mornings - Monday to Friday - 8.45 to 11.45 Saturday - 7.45 to 11.15  
 evenings - Monday to Thursday - 4 to 8.30