

ajactive class timetable 2010

Day	Time	Class	Instructor	Level	Location	Creche
Monday	13.00 - 14.00	Yoga	AJ	All	Millbrook House, Milton Park	
	17.30 - 18.30	Basic Step & Abs	AJ	All	Rose Hill Primary School, Oxford	
	18.35 - 19.35	Sweat & Tone	AJ	All	Rose Hill Primary School, Oxford	
	19.45 - 20.45	Pilates	AJ	All	Rose Hill Primary School, Oxford	
Tuesday	10.00 - 11.00	Body Toning	AJ	All	Rose Hill Primary School, Oxford	Yes
	12.05 - 13.05	Pilates	AJ	All	Millbrook House, Milton Park	
	17.30 - 18.30	Legs, Bums & Tums	AJ	All	Rose Hill Primary School, Oxford	
	18.45 - 19.45	Yoga / Pilates	AJ	All	Rose Hill Primary School, Oxford	
Wednesday	10.00 - 11.00	Pilates	AJ	All	Rose Hill Primary School, Oxford	Yes
	12.05 - 13.05	Yoga	AJ	All	Millbrook House, Milton Park	
	17.30 - 18.30	Step 2	AJ	Inter / Adv	Rose Hill Primary School, Oxford	
	18.35 - 19.35	Sweat & Pilates Toning	Tina	All	Rose Hill Primary School, Oxford	
	19.30 - 20.00	Flexi-Bar	AJ	All	Witney Lakes Resort	
	20.00 - 21.00	Pilates	AJ	All	Witney Lakes Resort	
Thursday	09.30 - 10.30	Pilates	AJ	All	Millbrook House, Milton Park	
	10.00 - 11.00	Step, Bums & Tums	Michelle	All	Rose Hill Primary School, Oxford	
	12.10 - 12.50	Pilates	AJ	All	New Road Baptist Church, Oxford	
	13.15 - 14.15	Pilates	AJ	All	See note below	
	17.30 - 18.30	Body Toning	AJ	All	Rose Hill Primary School, Oxford	
	18.35 - 19.05	Flexi-Bar	AJ	All	Rose Hill Primary School, Oxford	
	19.15 - 20.15	Yoga	AJ	All	Rose Hill Primary School, Oxford	
	Friday	10.00 - 11.00	Bums & Tums	AJ	All	Rose Hill Primary School, Oxford
17.00 - 18.00		Yoga	AJ	All	Millbrook House, Milton Park	
Saturday	10.00 - 11.00	Step & Tone	AJ	Intermediate	Rose Hill Primary School, Oxford	
	11.15 - 13.00	Yoga	AJ	All	Rose Hill Primary School, Oxford	
Sunday	10.00 - 11.00	Bums & Tums	Colleen	All	Rose Hill Primary School, Oxford	

Please Note

- **Thursday 1.15pm Yoga**, The Yoga Garden, Summertown will not be running throughout the month of August.
- All other classes during August will be operating as per the above timetable and will be covered by the **ajactive** team.
- **Thursday 12.10pm Pilates** has temporarily moved venue to the **New Road Baptist Church, Bonn Square, Oxford**.

