

AJactive timetable

| 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 | Aerobics & Pilates | 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 | |
| | 12.10 - 12.50 | Pilates | AJ | All | New Road Baptist Church, Oxford | |
| | 17.30 - 18.30 | Body Toning | AJ | All | Rose Hill Primary School, Oxford | |
| | 19.00 - 20.00 | Yoga | AJ | All | Rose Hill Primary School, Oxford | |
| Friday | 10.00 - 11.00 | Bums & Tums | AJ | All | Rose Hill Primary School, Oxford | Yes |
| | 13.00 - 14.00 | Pilates | AJ | All | Step 2 Studio, Cassington ** | |
| | 17.00 - 18.00 | Yoga | AJ | All | Millbrook House, Milton Park | |
| | 17.30 - 18.30 | Basic Step | Colleen | All | Rose Hill Primary School, Oxford | |
| | 18.30 - 19.30 | AJactive Team Practice | AJ | AJactive Team | Rose Hill Primary School Oxford | |
| 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

** **Friday 1.00pm Pilates, Cassington** (Step 2 Studios, Worton Park, Cassington, OX29 4SY), please contact AJ for availability. This class is not covered by the AJactive membership, it is 'pay as you go' (£5.00 pp).

** **Friday 6.30pm AJactive Team Practice.** Please note this is not a weekly class. Please contact AJ to confirm practice dates.

For further information visit www.ajactive.co.uk
 or contact **Anginette Barton 07796 053703**
 or email enquiries@ajactive.co.uk



aerobics | step-aerobics | yoga | pilates | flexi-bar | personal training