

GYM SCHEDULE - ACTIVE JANUARY 2025

*SUBJECT TO CHANGE

*PLEASE NOTIFY AGC IF NOT USING SLOTS

UPSTAIRS GYM TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-6pm	2009 BOYS	MEMBERS	MEMBERS	MEMBERS	MEMBERS
6-7pm	2010 GIRLS	MINOR BOYS (NC)	2010 BOYS (NC)	MINOR LADIES (NC)	TBC
7-8pm	SENIOR 2 LADIES FOOTBALL	MINOR BOYS (NC)	2009 GIRLS	MINOR LADIES (NC)	INTER LADIES FB
8-9pm	SENIOR 2 MENS FOOTBALL	JUNIOR CAMOGIE	JUNIOR LADIES FOOTBALL	TBC	TBC
9-10pm	MEMBERS	MEMBERS	MEMBERS	MEMBERS	MEMBERS

DOWNSTAIRS GYM TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-6pm	2009 BOYS	MEMBERS	MEMBERS	MEMBERS	MEMBERS
6-7pm	2010 GIRLS	TBC	2010 BOYS	MINOR LADIES (NC)	JUNIOR MEN
7-8pm	JUNIOR	TBC	JUNIOR MEN	MINOR LADIES (NC)	MEMBERS
8-9pm	JUNIOR LADIES FOOTBALL	INTER CAMOGIE	JUNIOR LADIES FOOTBALL	SENIOR 2 HURLING	MEMBERS
9-10pm	MEMBERS	SENIOR 3 HURLING	MEMBERS	MEMBERS	MEMBERS

Team managers please contact AGC - Andy Matthews for slots

Larger groups devide upstairs / downstairs please

NC = Niall Cooper

MEMBERS = Open to paid up members ONLY