

# GRINDS360

## JUNIOR CYCLE TIMETABLE



All Weekly Grinds are  
Live & Interactive



All classes will be available  
access in the back catalogue  
24 hours after they take place.

## WEEKLY GRINDS

6:45PM 7:45PM	SUN	ENGLISH <i>Paul McCormack</i>
6:45PM 7:45PM	MON	MATHS <i>James O'Loughlin</i>
6:45PM 7:45PM	TUE	IRISH <i>Dr. Michael Casey</i>
5:15PM 6:15PM	WED	SCIENCE <i>Sarah O'Brien</i>
6:45PM 7:45PM	WED	MASTERCLASS; SCIENCE, BUSINESS STUDIES, GEOGRAPHY, HOME ECONOMICS OR HISTORY
6:45PM 7:45PM	THUR	MASTERCLASS; FRENCH, SPANISH OR GERMAN

## WEEKEND WORKSHOPS

For the 2025/2026 school year, we've scheduled **30 weekend workshops**.

Students can choose the workshop topics,  
which will cover common problem areas and key predictions  
for the 2026 Junior Cycle exams...

As these are crucial topics, Saturdays & Sundays are reserved  
for these online workshops!