

# GET MOTIVATED CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS

## ACTIVITY PROGRAMME

JANUARY - MARCH 2024

BE PART  
OF IT  
JOIN ONLINE

### MONDAY

Yoga Shred Sculpt	9.30am - 10.30am
Activity Morning	10.30am - 11.30am
Yoga	12.30pm - 1.30pm
Indoor Cycling	12.45pm - 1.15pm
Boot Camp	5.45pm - 6.45pm
Indoor Cycling	6.00pm - 7.00pm
Indoor Cycling	7.00pm - 7.45pm
Yoga Shred Sculpt	6.00pm - 7.00pm
Pilates	7.00pm - 8.00pm

### TUESDAY

Ardmore Boot Camp	6.00am - 7.00am
Pilates	9.30am - 10.30am
50+ Yoga	12.00pm - 1.00pm
TRX	6.00pm - 6.45pm
Indoor Cycling	6.00pm - 6.45pm
Indoor Cycling	7.00pm - 8.00pm
Body Pump	7.00pm - 7.45pm
Pi-Yo Flow	8.00pm - 9.00pm

### WEDNESDAY

Activity Morning	10.30am - 11.30am
Yoga	12.30pm - 1.30pm
Indoor Cycling	12.45pm - 1.15pm
Indoor Cycling	6.00pm - 6.45pm
Instructor's Choice	7.00pm - 8.00pm

### THURSDAY

Ardmore Boot Camp	6.00am - 7.00am
Pilates	9.30am - 10.30am
Ardmore H.I.I.T	1.00pm - 1.30pm
Indoor Cycling	6.00pm - 6.45pm
Boot Camp	7.00pm - 8.00pm
Indoor Cycling	8.00pm - 9.00pm

### FRIDAY

Yoga	9.30am - 10.30am
Activity Morning	10.30am - 11.30am
Indoor Cycling	12.45pm - 1.15pm
Indoor Cycling	5.30pm - 6.30pm

### SATURDAY

Indoor Cycling	10.00am - 11.00am
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### ADDITIONAL INFORMATION

- All classes must be booked online in advance
- Members 8 days | Non members 4 days advance online booking
- Please arrive 5 mins before the class starts
- Please wear appropriate clothing & footwear
- Please bring water bottle with you
- Toilets, changing rooms and showers are available



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bookings  
simpler.

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Book Online at

[getactiveabc.com/fitnessclasstimetables](https://getactiveabc.com/fitnessclasstimetables)



Armagh City  
Banbridge  
& Craigavon  
Borough Council