



GET ACTIVE AND LOVE EVERY MOVE

ACTIVITY PROGRAMME

LET'S
DO THIS
JOIN ONLINE

Updated Tuesday 1 September 2026

MONDAY

Box fit
Circuits

6.15pm - 7.00pm
7.15pm - 8.00pm

WEDNESDAY

Teen Gym
Pilates
Pilates

4.00pm - 6.00pm
7.20pm - 8.05pm
8.15pm - 9.00pm

FRIDAY

Teen Gym

4.00pm - 6.00pm

ADDITIONAL INFORMATION

- All getactiveabc 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
 - For availability on Competent Climbing sessions & Competent Climbing assessments, please contact the centre reception
- ☎ 028 3883 1708



Make bookings simpler.
Download the getactiveabc app



Book Online at

getactiveabc.com/fitnessclasstimetables



Armagh City
Banbridge
& Craigavon
Borough Council