



**Rathfriland**  
Community Centre

**GET MOTIVATED...**  
SAY HELLO TO A FITTER YOU



# INDOOR ACTIVITY PROGRAMME

@ RATHFRILAND COMMUNITY CENTRE | SEPT - DEC

## MONDAY

Boot Camp	6.00am - 6.45am
Cardio Pump	9.30am - 10.15am
Indoor Cycling	6.00pm - 6.45pm
Pump	7.00pm - 7.45pm

## TUESDAY

Abs Blast	6.00pm - 6.45pm
Circuits	7.00pm - 7.45pm

## WEDNESDAY

Boot Camp	6.00am - 6.45am
Legs, Bums and Tums	9.30am-10.15am
Indoor Cycling	6.00pm - 6.45pm
Legs, Bums & Tums	7.00pm - 7.45pm

## THURSDAY

Pump	6.00pm - 6.45pm
BoxFit	7.00pm - 7.45pm

## FRIDAY

Boot Camp	6.00am - 6.45am
Fusion	9.30am - 10.15am
Indoor Cycling	6.00pm - 6.45pm

## 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

**Make bookings simpler.**  
Download the **getactiveabc** app



Book Online

**getactive**abc.com/join



**Armagh City  
Banbridge  
& Craigavon**  
Borough Council