



GET MOTIVATED CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME JANUARY - MARCH 2024

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 at
getactiveabc.com/fitnessclasstimetables



Armagh City
Banbridge
& Craigavon
Borough Council