

GET MOTIVATED CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS

BE PART
OF IT
JOIN ONLINE

ACTIVITY PROGRAMME JANUARY - MARCH 2024

MONDAY

Group Cycle	6.00am - 6.45am
Boxercise	7.00am - 7.45am
Aqua Fit	7.30am - 8.15am
Beginners Yoga	8.00am - 9.00am
Pilates	8.30am - 9.15am
Functional Gym	9.15am - 10.00am
HIIT	9.30am - 10.15am
HIIT your Core	10.30am - 11.15am
Group Cycle	10.30am - 11.15am
Virtual Group Cycle	12.00pm - 12.45pm
Flex & Stretch	12.00pm - 12.45pm
Circuits	12.30pm - 1.15pm
Functional	12.30pm - 1.15pm
Virtual Group Cycle	1.00pm - 1.45pm
Yoga	3.00pm - 4.00pm
Functional	3.45pm - 4.30pm
HIIT your Core	4.45pm - 5.30pm
Zumba	5.45pm - 6.30pm
Group Cycle	6.00pm - 6.45pm
Pilates	6.45pm - 7.45pm
Group Cycle	7.00pm - 7.45pm
Aqua Fit	8.30pm - 9.15pm
Group Cycle	8.00pm - 8.45pm
Yoga	8.00pm - 9.00pm

TUESDAY

Bootcamp	6.00am - 6.45am
Aqua Fit	7.00am - 7.45am
Group Cycle	7.00am - 7.45am
Barbell Workout	8.00am - 8.45am
Meta PWR	9.15am - 10.00am
Cardio Pump	10.15am - 11.00am
Group Cycle	10.30am - 11.15am
Pilates	12.00pm - 1.00pm

Virtual Group Cycle
Functional
Virtual Group Cycle
Yoga [Beginners]
Kettlebells
Group Cycle
Cardio Pump
Group Cycle
Group Cycle
Functional
Virtual Group Cycle

1.00pm - 1.30pm
3.00pm - 3.45pm
3.00pm - 3.30pm
3.00pm - 4.00pm
5.00pm - 5.45pm
5.00pm - 5.45pm
6.00pm - 6.45pm
6.00pm - 6.45pm
7.00pm - 7.45pm
7.30pm - 8.15pm
8.00pm - 8.45pm

WEDNESDAY

Group Cycle
HIIT your Core
Aqua Fit
Functional
Pilates
Cardio Pump
Group Cycle
Senior Social Circle
Core
Aqua Fit
Virtual Group Cycle
Flex & Stretch
Functional
Circuits
Grid Fit
Group Cycle
Zumba
Group Cycle
Functional
Pilates
Group Cycle
Yoga

6.00am - 6.45am
7.00am - 7.45am
7.30am - 8.15am
9.15am - 10.00am
9.15am - 10.00am
10.15am - 11.00am
10.00am - 10.45am
10.15am - 11.50am
12.00pm - 12.45pm
12.30pm - 1.15pm
12.30pm - 1.15pm
1.00pm - 1.45pm
2.15pm - 3.00pm
4.45pm - 5.30pm
4.45pm - 5.30pm
5.00pm - 5.45pm
5.45pm - 6.30pm
6.00pm - 6.45pm
6.00pm - 6.45pm
6.45pm - 7.45pm
7.00pm - 7.45pm
8.00pm - 9.00pm

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



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Banbridge
& Craigavon
Borough Council

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THURSDAY

Bootcamp	6.00am - 6.45am
Virtual Group Cycle	7.00am - 7.45am
HIIT	9.30am - 10.15am
Group Cycle	10.30am - 11.15am
Meta Fit	11.45am - 12.30pm
Circuits	1.00pm - 1.45pm
Virtual Group Cycle	1.00pm - 1.45pm
Virtual Group Cycle	3.00pm - 3.30pm
Functional	6.00pm - 6.45pm
Group Cycle	6.00pm - 6.45pm
Group Cycle	7.00pm - 7.45pm
Functional	7.15pm - 8.00pm
Aqua Fit	8.30pm - 9.15pm

FRIDAY

Group Cycle	6.00am - 6.45am
MetaCamp	6.00am - 6.45am
HIIT	7.00am - 7.45am
Box Fit	9.30am - 10.15am
Pilates	9.30am - 10.30am
Group Cycle	10.00am - 10.45am
Zumba	10.45am - 11.30am
Cardio Pump	12.00pm - 12.45pm
Aqua Fit	12.30pm - 1.15pm
Virtual Cycle	1.00pm - 1.45pm
Yoga	1.00pm - 2.00pm
Virtual Cycle	2.30pm - 3.15pm
Circuits	5.45pm - 6.30pm
Group Cycle	6.00pm - 6.45pm
Cardio Pump	7.00pm - 7.45pm
Virtual Cycle	7.00pm - 7.45pm
Pilates	8.00pm - 9.00pm

SATURDAY

Circuits	8.15am - 9.00am
Group Cycle	9.15am - 10.00am
PWR Yoga	9.30am - 10.15am
Virtual Group Cycle	12.30pm - 1.15pm
Flexibility & Mobility	2.00pm - 2.45pm
Virtual Group Cycle	2.30pm - 3.15pm

SUNDAY

Virtual Group Cycle	10.30am - 11.15am
Circuits	1.30pm - 2.15pm
Group Cycle	2.30pm - 3.15pm
Virtual Group Cycle	4.00pm - 4.45pm

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