



GET MOTIVATED CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME JANUARY - MARCH 2024

MONDAY

AM Fitness	6.00am - 6.45am
Indoor Cycling	9.00am - 9.45am
Legs, Bums & Tums	9.50am - 10.20am
Functional	5.00pm - 5.45pm
TRX	5.50pm - 6.20pm
Indoor Cycling	6.00pm - 6.30pm
TRX	6.25pm - 6.55pm
Indoor Cycling	6.35pm - 7.20pm
Boxercise	7.00pm - 7.45pm

TUESDAY

HITT	6.00am - 6.30am
Pilates	7.00am - 7.45am
Indoor Cycling	9.00am - 9.30am
Pilates	9.30am - 10.15am
Functional	5.00pm - 5.30pm
Indoor Cycling	5.30pm - 6.00pm
Pump	6.00pm - 6.45pm
Indoor Cycling	6.05pm - 6.35pm
Circuit Training	7.00pm - 8.00pm

WEDNESDAY

AM Fitness	6.00am - 6.45am
Abs	5.00pm - 5.30pm
Indoor Cycling	6.00pm - 6.30pm
Indoor Cycling	6.35pm - 7.20pm
Pilates	6.35pm - 7.20pm
Pilates	7.20pm - 8.05pm

THURSDAY

Kettlebells	6.00am - 6.30am
Pilates	7.00am - 7.45am
Indoor Cycling	9.30am - 10.00am
Yoga	10.00am - 10.45am
Indoor Cycling	6.00pm - 6.30pm
Pilates	6.35pm - 7.20pm
Circuit Training	7.00pm - 8.00pm

FRIDAY

AM Fitness	6.00am - 6.45am
Indoor Cycling	9.30am - 10.15am
Indoor Cycling	6.00pm - 6.30pm
Indoor Cycling	6.35pm - 7.20pm

SATURDAY

Indoor Cycling	9.30am - 10.15am
Legs, Bums & Tums	10.20am - 10.50am

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