

GET MOTIVATED... CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME

MONDAY

Circuits	6.15am - 6.45am
H.I.I.T & Abs	9.30am - 10.15am
Pilates	10.30am - 11.15am
Virtual Cycle	12.15pm - 1.00pm
Cardio Cycle	6.00pm - 6.45pm
H.I.I.T & Abs	6.00pm - 6.45pm
Aqua Aerobics	6.45pm - 7.30pm
Circuits	7.00pm - 7.45pm
Coach by Colour Cycle	7.00pm - 7.45pm
Pilates	7.00pm - 7.45pm
Circuits	8.00pm - 8.45pm
Pilates	8.00pm - 8.45pm

TUESDAY

Circuits	9.30am - 10.15am
Pilates	12.15pm - 1.00pm
Virtual Cycle	12.15pm - 1.00pm
Cardio Cycle	6.00pm - 6.30pm
Kettlebells	7.00pm - 7.45pm
Cardio Pump	8.00pm - 8.45pm

WEDNESDAY

Cardio Cycle	6.15am - 6.45am
Cardio Pump	9.30am - 10.15am
Virtual Cycle	12.15pm - 1.00pm
Circuits	6.00pm - 6.45pm
Cardio Cycle	6.00pm - 6.45pm
Circuits	7.00pm - 7.45pm
Coach by Colour	7.00pm - 7.45pm
Cardio Pump	8.15pm - 9.00pm

THURSDAY

Circuits / Pump	9.30am - 10.15am
Virtual Cycle	12.15pm - 1.00pm
Cardio Cycle	6.00pm - 6.30pm
H.I.I.T & Abs	6.00pm - 6.45pm
Aqua Aerobics	6.45pm - 7.30pm
Legs, Bums & Tums	7.00pm - 7.45pm
Pilates	8.00pm - 8.45pm

FRIDAY

Cardio Cycle	6.15am - 6.45am
H.I.I.T	9.30am - 10.15am
Virtual Cycle	12.15pm - 1.00pm
Cardio Cycle	6.00pm - 6.45pm
Cardio Pump	6.45pm - 7.30pm

SATURDAY

Cardio Cycle	9.00am - 9.45am
Circuits	10.00am - 10.45am
Pilates	11.00am - 11.45am

SUNDAY

Circuits	10.00am - 10.45am
Pilates	11.00am - 11.45am
Pilates	12.00pm - 12.45pm

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