

# GET MOTIVATED... CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



## ACTIVITY PROGRAMME

### MONDAY

Workout of the Day	6.00am - 6.45am
Pilates	7.00am - 7.45am
Cardio Cycle	9.00am - 9.45am
Legs Bums & Tums	9.50am - 10.20am
Functional	5.00pm - 5.45pm
TRX	5.50pm - 6.20pm
Cardio Cycle	6.00pm - 6.30pm
TRX	6.25pm - 6.55pm
Cardio Cycle	6.35pm - 7.20pm
Boxercise	7.00pm - 7.45pm

### TUESDAY

Pilates	7.00am - 7.45am
Cardio Cycle	9.00am - 9.30am
Pilates	9.30am - 10.15am
Abs	5.30pm - 6.00pm
Cardio Cycle	5.30pm - 6.00pm
Cardio Cycle	6.05pm - 6.35pm
Pump	6.00pm - 6.45pm
Circuit Training	7.00pm - 8.00pm

### WEDNESDAY

Workout of the Day	6.00am - 6.45am
Cardio Cycle	9.00am - 9.45am
Pilates	9.50am - 10.35am
Cardio Cycle	6.00pm - 6.30pm
Cardio Cycle	6.35pm - 7.05pm
Pilates	6.35pm - 7.20pm
Pilates	7.20pm - 8.05pm

### THURSDAY

Pilates	7.00am - 7.45am
Cardio Cycle	9.30am - 10.00am
Cardio Cycle	6.00pm - 6.30pm
Circuit Training	7.00pm - 8.00pm

### FRIDAY

Workout of the Day	6.00am - 6.45am
Cardio Cycle	9.30am - 10.00am
Cardio Cycle	6.00pm - 6.30pm
Cardio Cycle	6.35pm - 7.05pm

### SATURDAY

Cardio Cycle	9.30am - 10.15am
LBT	10.20am - 11.05am

### SUNDAY

Pilates	11.00am - 11.45am
Pilates	11.50am - 12.35pm

### 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



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