

GET MOTIVATED... CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME

MONDAY

| | |
|-------------------|-------------------|
| Yoga Shred Sculpt | 9.30am - 10.30am |
| Activity Morning | 10.30am - 11.30am |
| Yoga | 12.30pm - 1.30pm |
| Cardio Cycle | 12.45pm - 1.15pm |
| Boot Camp | 5.45pm - 6.45pm |
| Cardio Cycle | 6.00pm - 7.00pm |
| Cardio Cycle | 7.00pm - 7.45pm |
| Yoga Shred Sculpt | 6.00pm - 7.00pm |
| Pilates | 7.00pm - 8.00pm |

TUESDAY

| | |
|-------------------|------------------|
| Ardmore Boot Camp | 6.00am - 7.00am |
| Pilates | 9.30am - 10.30am |
| 50+ Yoga | 12.00pm - 1.00pm |
| TRX | 6.00pm - 6.45pm |
| Cardio Cycle | 6.00pm - 6.45pm |
| Cardio Cycle | 7.00pm - 7.45pm |
| Body Pump | 7.00pm - 7.45pm |
| Yoga [NEW] | 7.00pm - 8.00pm |
| Pilates [NEW] | 8.00pm - 9.00pm |

WEDNESDAY

| | |
|---------------------|-------------------|
| Activity Morning | 10.30am - 11.30am |
| Yoga | 12.30pm - 1.30pm |
| Cardio Cycle | 12.45pm - 1.15pm |
| Cardio Cycle | 6.00pm - 6.45pm |
| Instructor's Choice | 7.00pm - 8.00pm |

THURSDAY

| | |
|-------------------|------------------|
| Ardmore Boot Camp | 6.00am - 7.00am |
| Pilates | 9.30am - 10.30am |
| Ardmore H.I.I.T | 1.00pm - 1.30pm |
| Cardio Cycle | 6.00pm - 6.45pm |
| Boot Camp | 7.00pm - 8.00pm |
| Cardio Cycle | 8.00pm - 9.00pm |

FRIDAY

| | |
|------------------|-------------------|
| Yoga | 9.30am - 10.30am |
| Activity Morning | 10.30am - 11.30am |
| Cardio Cycle | 12.45pm - 1.15pm |
| Cardio Cycle | 5.30pm - 6.30pm |

SATURDAY

| | |
|--------------|-------------------|
| Cardio Cycle | 10.00am - 10.45am |
|--------------|-------------------|

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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Armagh City
Banbridge
& Craigavon
Borough Council