



Rathfriland
Community Centre

GET MOTIVATED... CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME

MONDAY

Boot Camp 6.00am - 6.45am
Cardio Pump 9.30am - 10.15am
Cardio Cycle Pump 6.00pm - 6.45pm
7.00pm - 7.45pm

TUESDAY

Abs Circuits 6.00pm - 6.45pm
7.00pm - 7.45pm

WEDNESDAY

Boot Camp 6.00am - 6.45am
Legs, Bums & Tums 9.30am - 10.15am
Cardio Cycle 6.00pm - 6.45pm
Legs, Bums & Tums 7.00pm - 7.45pm

THURSDAY

Cardio Cycle Pump 6.00pm - 6.45pm
7.00pm - 7.45pm

FRIDAY

Boot Camp 6.00am - 6.45am
BoxFit 9.30am - 10.15am
Cardio Cycle 6.00pm - 6.45pm

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