

GET MOTIVATED... AND FEEL GOOD

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME

MONDAY

Cardio Cycle	6.00am - 6.45am
Boxercise	7.00am - 7.45am
Aqua Fit	7.30am - 8.15am
Beginners Yoga	8.00am - 9.00am
Pilates	8.30am - 9.15am
Functional Gym	9.15am - 10.00am
HIIT	9.30am - 10.15am
HIIT & Abs	10.30am - 11.15am
Cardio Cycle	10.30am - 11.15am
Virtual Cycle	12.00pm - 12.45pm
Flex & Stretch	12.00pm - 12.45pm
Functional Gym	12.30pm - 1.15pm
Virtual Cycle	1.00pm - 1.45pm
Yoga	3.00pm - 4.00pm
Functional Gym	3.45pm - 4.30pm
HIIT & Abs	4.45pm - 5.30pm
Cardio Dance	5.45pm - 6.30pm
Cardio Cycle	6.00pm - 6.45pm
Pilates	6.45pm - 7.45pm
Cardio Cycle	7.00pm - 7.45pm
Cardio Cycle	8.00pm - 8.45pm
Yoga	8.00pm - 9.00pm
Aqua Fit	8.30pm - 9.15pm

TUESDAY

Bootcamp	6.00am - 6.45am
Aqua Fit	7.00am - 7.45am
Cardio Cycle	7.00am - 7.45am
Barbell Workout	8.00am - 8.45am
Meta PWR	9.15am - 10.00am
Cardio Pump	10.15am - 11.00am
Cardio Cycle	10.30am - 11.15am
Pilates	12.00pm - 1.00pm
Virtual Cycle	1.00pm - 1.30pm

Functional Gym	3.00pm - 3.45pm
Virtual Cycle	3.00pm - 3.30pm
Yoga [Beginners]	3.00pm - 4.00pm
Kettlebells	5.00pm - 5.45pm
Cardio Cycle	5.00pm - 5.45pm
Cardio Pump	6.00pm - 6.45pm
Cardio Cycle	6.00pm - 6.45pm
Cardio Cycle	7.00pm - 7.45pm
Functional Gym	7.30pm - 8.15pm
Virtual Cycle	8.00pm - 8.45pm

WEDNESDAY

Cardio Cycle	6.00am - 6.45am
HIIT your Core	7.00am - 7.45am
Aqua Fit	7.30am - 8.15am
Functional Gym	9.15am - 10.00am
Pilates	9.15am - 10.00am
Cardio Pump	10.15am - 11.00am
Cardio Cycle	10.00am - 10.45am
Senior Social Circle	10.15am - 12.00pm
Core	12.00pm - 12.45pm
Aqua Fit	12.30pm - 1.15pm
Virtual Cycle	12.30pm - 1.15pm
Flex & Stretch	1.00pm - 1.45pm
Functional Gym	2.15pm - 3.00pm
Circuits	4.45pm - 5.30pm
Grid Fit	4.45pm - 5.30pm
Cardio Cycle	5.00pm - 5.45pm
Cardio Dance	5.45pm - 6.30pm
Cardio Cycle	6.00pm - 6.45pm
Functional Gym	6.00pm - 6.45pm
Pilates	6.45pm - 7.45pm
Cardio Cycle	7.00pm - 7.45pm
Yoga	8.00pm - 9.00pm

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

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ACTIVITY PROGRAMME

THURSDAY

Bootcamp	6.00am - 6.45am
Virtual Cycle	7.00am - 7.45am
HIIT	9.30am - 10.15am
Cardio Cycle	10.30am - 11.15am
Meta Fit	11.45am - 12.30pm
Circuits	1.00pm - 1.45pm
Virtual Cycle	1.00pm - 1.45pm
Virtual Cycle	3.00pm - 3.45pm
Functional Gym	6.00pm - 6.45pm
Cardio Cycle	6.00pm - 6.45pm
Cardio Cycle	7.00pm - 7.45pm
Functional Gym	7.15pm - 8.00pm
Aqua Fit	8.30pm - 9.15pm

FRIDAY

Cardio Cycle	6.00am - 6.45am
MetaCamp	6.00am - 6.45am
HIIT	7.00am - 7.45am
Box Fit	9.30am - 10.15am
Pilates	9.30am - 10.30am
Cardio Cycle	10.30am - 11.15am
Cardio Dance	10.45am - 11.30am
Cardio Pump	12.00pm - 12.45pm
Aqua Fit	12.15pm - 1.00pm
Virtual Cycle	1.00pm - 1.45pm
Yoga	1.00pm - 2.00pm
Virtual Cycle	2.30pm - 3.15pm
Circuits	5.45pm - 6.30pm
Cardio Cycle	6.00pm - 6.45pm
Cardio Pump	7.00pm - 7.45pm
Virtual Cycle	7.00pm - 7.45pm
Pilates	8.00pm - 9.00pm

SATURDAY

Circuits	8.15am - 9.00am
Cardio Cycle	9.15am - 10.00am
PWR Yoga	9.30am - 10.15am
Virtual Cycle	12.30pm - 1.15pm
Flexibility & Mobility	2.00pm - 2.45pm
Virtual Cycle	2.30pm - 3.15pm

SUNDAY

Virtual Cycle	10.30am - 11.15am
Circuits	1.30pm - 2.15pm
Cardio Cycle	2.30pm - 3.15pm
Virtual Cycle	4.00pm - 4.45pm



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