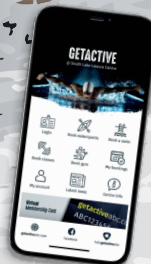


GET MOTIVATED... AND FEEL GOOD

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME

MONDAY

Competent Climbing Session	9.30am - 2.30pm
Parent & Toddler Drop In**	9.30am - 3.00pm
Competent Climbing Session	3.30pm - 5.30pm
Racquet Sports	3.30pm - 5.30pm
Teen Gym	4.00pm - 6.00pm
Spartan Judo*	6.00pm - 7.00pm
Cardio Cycle	6.15pm - 6.45pm
Portadown Netball Club*	7.00pm - 9.00pm
Circuits	7.00pm - 8.00pm

TUESDAY

Competent Climbing Session	9.30am - 10.30am
Competent Climbing Session	12.30pm - 3.00pm
Racquet Sports	2.30pm - 5.30pm
Southern Trust Climbing*	3.00pm - 6.00pm
Climbing Club* [kids 8yrs+]	6.30pm - 8.30pm
Competent Climbing Session	8.30pm - 10.00pm

WEDNESDAY

Yoga	10.00am - 11.00am
Gilford Toddler Group*	10.00am - 12.00pm
Gymnastics*	1.30pm - 5.45pm
Competent Climbing Session	2.00pm - 3.00pm
Clip & Climb	4.00pm - 5.00pm
Teen Gym	4.00pm - 6.00pm
Cardio Cycle	6.15pm - 6.45pm
Banbridge Social Netball*	8.00pm - 9.30pm

THURSDAY

Yoga	10.00am - 11.00am
Clip & Climb	1.00pm - 2.00pm
Gilford Arts Group*	1.00pm - 4.00pm

Competent Climbing Session	2.00pm - 3.00pm
Southern Trust Climbing*	3.00pm - 6.00pm
Tae Kwon Do*	6.00pm - 8.00pm
Box-Fit	7.00pm - 7.45pm

FRIDAY

Competent Climbing Session	9.30am - 2.30pm
Clip & Climb	4.30pm - 5.30pm
Badminton Club* [kids 8-15yrs]	6.00pm - 8.00pm
Badminton Club* [16yrs+]	8.00pm - 10.00pm

SATURDAY

Competent Climbing Session	4.15pm - 5.00pm
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SUNDAY

Football Factory*	9.00am - 11.00am
Competent Climbing Session	4.15pm - 5.00pm

Make bookings simpler.

Download the getactiveabc app



*These classes are NOT included in getactiveabc memberships. Please contact reception for details on how to book.

**£2 per child | No booking required

ADDITIONAL INFORMATION

- All getactiveabc 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
- **Clip & Climb & Racquet Sports** are 1 hour sessions included in All Inclusive, Family & Corporate Memberships, book by contacting the Centre
- All climbing activities must be booked in advance by contacting the centre reception



Book Online at

getactiveabc.com/fitnessclasstimetables



Armagh City
Banbridge
& Craigavon
Borough Council