



GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC



ACTIVITY PROGRAMME

MONDAY

Pump Express [NEW]	9.00am - 9.30am
Yoga Shred Sculpt	9.45am - 10.45am
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
Pump Express [NEW]	9.00am - 9.30am
Pilates	9.45am - 10.45am
50+ Yoga	12.00pm - 1.00pm
Cardio Cycle	6.00pm - 6.45pm
Cardio Cycle	7.00pm - 7.45pm
Yoga	7.00pm - 8.00pm
Instructor's Choice	7.00pm - 8.00pm
Pilates	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
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

SATURDAY

Cardio Cycle	10.00am - 10.45am
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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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bookings
simpler.

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Armagh City
Banbridge
& Craigavon
Borough Council