



# GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC

# ACTIVITY PROGRAMME



Updated 01 April 2025

## MONDAY

|                            |                   |
|----------------------------|-------------------|
| Circuits                   | 6.15am - 6.45am   |
| H.I.I.T                    | 9.30am - 10.15am  |
| Pilates                    | 10.30am - 11.15am |
| Virtual Cycle <b>[NEW]</b> | 12.15pm - 1.00pm  |
| Cardio Cycle               | 6.00pm - 6.45pm   |
| H.I.I.T                    | 6.00pm - 6.45pm   |
| Aqua Aerobics              | 6.45pm - 7.30pm   |
| Circuits                   | 7.00pm - 7.45pm   |
| Cardio Cycle               | 7.00pm - 7.45pm   |
| Pilates                    | 7.00pm - 7.45pm   |
| Circuits                   | 8.00pm - 8.45pm   |
| Pilates                    | 8.00pm - 8.45pm   |

## TUESDAY

|                            |                  |
|----------------------------|------------------|
| Circuits                   | 9.30am - 10.15am |
| Virtual Cycle <b>[NEW]</b> | 12.15pm - 1.00pm |
| Pilates                    | 12.15pm - 1.00pm |
| Cardio Cycle               | 6.00pm - 6.30pm  |
| Kettlebells                | 7.00pm - 7.45pm  |
| Cardio Pump                | 8.00pm - 8.45pm  |

## WEDNESDAY

|                            |                  |
|----------------------------|------------------|
| Cardio Cycle               | 6.15am - 6.45am  |
| Cardio Pump                | 9.30am - 10.15am |
| Virtual Cycle <b>[NEW]</b> | 12.15pm - 1.00pm |
| Circuits                   | 6.00pm - 6.45pm  |
| Cardio Cycle               | 6.00pm - 6.45pm  |
| Circuits                   | 7.00pm - 7.45pm  |
| Coach by Colour            | 7.00pm - 7.45pm  |
| Cardio Pump                | 8.15pm - 9.00pm  |

## THURSDAY

|                            |                  |
|----------------------------|------------------|
| Cardio Pump                | 9.30am - 10.15am |
| Virtual Cycle <b>[NEW]</b> | 12.15pm - 1.00pm |
| Cardio Cycle               | 6.00pm - 6.30pm  |
| H.I.I.T                    | 6.00pm - 6.45pm  |
| Aqua Fit                   | 6.45pm - 7.30pm  |
| Circuits                   | 7.00pm - 7.45pm  |
| Pilates                    | 8.00pm - 8.45pm  |

## FRIDAY

|                            |                  |
|----------------------------|------------------|
| Cardio Cycle               | 6.15am - 6.45am  |
| H.I.I.T & Abs              | 9.30am - 10.15am |
| Virtual Cycle <b>[NEW]</b> | 12.15pm - 1.00pm |
| Cardio Cycle               | 6.00pm - 6.45pm  |
| Cardio Pump                | 6.45pm - 7.30pm  |

## SATURDAY

|              |                   |
|--------------|-------------------|
| Cardio Cycle | 9.00am - 9.45am   |
| Circuits     | 10.00am - 10.45am |
| Pilates      | 11.00am - 11.45am |

## SUNDAY

|          |                   |
|----------|-------------------|
| Circuits | 10.00am - 10.45am |
| Pilates  | 11.00am - 11.45am |
| Pilates  | 12.00pm - 12.45pm |

## 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



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& Craigavon  
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