



Rathfriland
Community Centre

GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC



ACTIVITY PROGRAMME

LAST UPDATED 13 MAY 2025

INSTRUCTOR LED CLASSES

MONDAY

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

TUESDAY

Boxfit	6.00pm - 6.45pm
Circuits	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

Abs Blast	6.00pm - 6.45pm
Cardio Pump	7.00pm - 7.45pm

FRIDAY

Boot Camp	6.00am - 6.45am
Fusion	9.30am - 10.30am
Cardio Cycle	6.00pm - 6.45pm

VIRTUAL CLASSES

MONDAY

HIIT 11.00am • Spin 12.00pm • Yoga 12.45pm
Core 1.30pm • BoxxHIIT 2.30pm
Strength & Conditioning 4.00pm

TUESDAY

Pilates 7.50pm

WEDNESDAY

HIIT 11.00am • Spin 12.00pm • Pilates 12.45pm
Core 1.30pm • BoxxHIIT 2.30pm
Strength & Conditioning 4.00pm • Pilates 7.50pm

THURSDAY

HIIT 10.00am • HIIT 11.00am • Spin 12.00pm
Yoga 12.45pm • Core 1.30pm • BoxxHIIT 2.30pm
Strength & Conditioning 4.00pm • Pilates 7.50pm

FRIDAY

HIIT 11.00am • Spin 12.00pm • Pilates 12.45pm
Core 1.30pm

SATURDAY

Spin 9.00am

ADDITIONAL INFORMATION

- Virtual classes are 30 minutes on average
- 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 and 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