

GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC

ACTIVITY PROGRAMME

Updated 20 June 2025

MONDAY

Workout of the Day	6.00am - 6.45am
Pilates	7.00am - 7.45am
Cardio Cycle	9.00am - 9.45am
Legs Bums & Tums	9.50am - 10.20am
Functional	5.00pm - 5.45pm
Cardio Cycle	6.00pm - 6.30pm
Cardio Cycle	6.35pm - 7.20pm

TUESDAY

Pilates	7.00am - 7.45am
Pilates	8.15am - 9.00am
Pilates	9.30am - 10.15am
Cardio Cycle	5.30pm - 6.00pm
Cardio Cycle	6.05pm - 6.35pm
Pump	6.00pm - 6.45pm
Circuit Training	7.00pm - 7.45pm

WEDNESDAY

Workout of the Day	6.00am - 6.45am
Pilates	8.30am - 9.15am
Pilates	10.00am - 10.45am
Pilates	11.15am - 12.00pm
Cardio Cycle	6.00pm - 6.30pm
Cardio Cycle	6.35pm - 7.20pm
Pilates	6.35pm - 7.20pm
Pilates	7.30pm - 8.15pm

THURSDAY

Pilates	7.00am - 7.45am
Pilates	8.00am - 8.45am
Pilates	10.00am - 10.45am
Chair Pilates & Balance	11.15am - 12.00pm
TRX	5.50pm - 6.20pm
TRX	6.30pm - 7.00pm
Cardio Cycle	6.30pm - 7.00pm
Circuit Training	7.15pm - 8.00pm

FRIDAY

Workout of the Day	6.00am - 6.45am
Pilates	8.00am - 8.45am
Cardio Cycle	9.30am - 10.15am
Cardio Cycle	6.00pm - 6.30pm
Cardio Cycle	6.35pm - 7.20pm

SATURDAY

Pilates [NEW]	8.30am - 9.15am
Pilates [NEW]	9.20am - 10.05am
Cardio Cycle	9.30am - 10.15am
Legs, Bums & Tums	10.20am - 11.05am

SUNDAY

Pilates	11.00am - 11.45am
Pilates	11.50am - 12.35pm

LET'S
DO THIS
JOIN ONLINE

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