

# GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC

## ACTIVITY PROGRAMME

Updated 21 July 2025

### MONDAY

Core Strength  
Cardio Cycle

6.00pm - 6.30pm  
6.30pm - 7.00pm

### TUESDAY

10 Rounds  
Badminton **[DROP IN]**

6.00pm - 6.30pm  
7.00pm - 9.00pm

### WEDNESDAY

Gym Circuits **[NEW]**  
Cardio Box  
Cardio Cycle

6.15am - 7.00am  
6.00pm - 6.30pm  
6.30pm - 7.00pm

### THURSDAY

Gym Circuits

6.00pm - 7.00pm

### 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

**Make bookings simpler.**  
Download the **getactiveabc** app



Book Online at

**getactive**abc.com/fitnessclasstimetables



Armagh City  
Banbridge  
& Craigavon  
Borough Council