

GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC

ACTIVITY PROGRAMME

Updated 12 September 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
H.I.I.T [NEW] 6.00pm - 6.45pm
Circuits 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 11.15am - 12.00pm
TRX 5.50pm - 6.20pm
Cardio Cycle 6.30pm - 7.00pm
Circuits 7.00pm - 7.45pm

FRIDAY

Workout of the day 6.00am - 6.45am
Pilates 8.00am - 8.45am
Cardio Cycle 9.30am - 10.45am
Cardio Cycle 6.00pm - 6.30pm
Cardio Cycle 6.35pm - 7.20pm

SATURDAY

Pilates 8.30am - 9.15am
Pilates 9.20am - 10.05am
Cardio Cycle 9.30am - 10.15am
LBT 10.20am - 11.05am

SUNDAY

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

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



Make
bookings
simpler.

Download the
getactiveabc app



Book Online at

getactiveabc.com/fitnessclasstimetables



Armagh City
Banbridge
& Craigavon
Borough Council