

# GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC

## ACTIVITY PROGRAMME

Updated 10 September 2025

### MONDAY

Cardio Cycle	6.00am - 6.45am
Aqua Fit	7.30am - 8.15am
Beginners Yoga	8.00am - 9.00am
Pilates	8.30am - 9.15am
Functional Gym	9.15am - 10.00am
HIIT	9.30am - 10.15am
HIIT & Abs	10.30am - 11.15am
Cardio Cycle	10.30am - 11.15am
Virtual Cycle	12.00pm - 12.45pm
Flex & Stretch	12.00pm - 12.45pm
Functional Gym	12.30pm - 1.15pm
Virtual Cycle	1.00pm - 1.45pm
Pilates	3.00pm - 4.00pm
Functional Gym	3.45pm - 4.30pm
HIIT & Abs	4.45pm - 5.30pm
Cardio Dance	5.45pm - 6.30pm
Cardio Cycle	6.00pm - 6.45pm
Pilates	6.45pm - 7.45pm
Cardio Cycle	7.00pm - 7.45pm
Cardio Cycle	8.00pm - 8.45pm
Yoga	8.00pm - 9.00pm
Aqua Fit	8.30pm - 9.15pm

### TUESDAY

Bootcamp	6.00am - 6.45am
Aqua Fit	7.00am - 7.45am
Cardio Cycle	7.00am - 7.45am
Meta PWR	9.15am - 10.00am
HIIT Your Core	10.15am - 11.00am
Cardio Cycle	10.30am - 11.15am
Pilates	12.00pm - 1.00pm
Virtual Cycle	1.00pm - 1.30pm
Functional Gym	3.00pm - 3.45pm

Virtual Cycle  
Yoga [Beginners]  
Kettlebells  
Cardio Cycle  
Cardio Pump  
Cardio Cycle  
Cardio Cycle  
Functional Gym  
Virtual Cycle

### WEDNESDAY

Cardio Cycle  
HIIT your Core  
Functional Gym  
Pilates  
Cardio Cycle  
Cardio Pump  
Senior Social Circle  
Core  
Virtual Cycle  
Flex & Stretch  
Functional Gym  
Yogalates  
Functional  
Cardio Cycle  
Cardio Dance  
Cardio Cycle  
Functional Gym  
Pilates  
Cardio Cycle  
Yoga

3.00pm - 3.30pm  
3.00pm - 4.00pm  
5.00pm - 5.45pm  
5.00pm - 5.45pm  
6.00pm - 6.45pm  
6.00pm - 6.45pm  
7.00pm - 7.45pm  
7.30pm - 8.15pm  
8.00pm - 8.45pm

6.00am - 6.45am  
7.00am - 7.45am  
9.15am - 10.00am  
9.15am - 10.00am  
10.00am - 10.45am  
10.15am - 11.00am  
10.15am - 12.00pm  
12.00pm - 12.45pm  
12.30pm - 1.15pm  
1.00pm - 1.45pm  
2.15pm - 3.00pm  
4.45pm - 5.30pm  
4.45pm - 5.30pm  
5.00pm - 5.45pm  
5.45pm - 6.30pm  
6.00pm - 6.45pm  
6.00pm - 6.45pm  
6.45pm - 7.45pm  
7.00pm - 7.45pm  
8.00pm - 9.00pm

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 & towel 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

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### THURSDAY

Bootcamp  
Virtual Cycle  
HIIT  
Cardio Cycle  
Meta Fit  
Circuits  
Virtual Cycle  
Functional Gym  
Cardio Cycle  
Cardio Cycle  
Functional Gym  
Aqua Fit

6.00am - 6.45am  
7.00am - 7.45am  
9.30am - 10.15am  
10.30am - 11.15am  
11.45am - 12.30pm  
1.00pm - 1.45pm  
1.00pm - 1.45pm  
6.00pm - 6.45pm  
6.00pm - 6.45pm  
7.00pm - 7.45pm  
7.15pm - 8.00pm  
8.30pm - 9.15pm

### FRIDAY

Cardio Cycle  
Bootcamp  
HIIT  
Box Fit  
Pilates  
Cardio Cycle  
Cardio Dance  
Cardio Pump  
Aqua Fit  
Virtual Cycle  
Yoga  
Virtual Cycle  
Circuits  
Cardio Cycle  
Cardio Pump  
Cardio Cycle [NEW]  
Pilates

6.00am - 6.45am  
6.00am - 6.45am  
7.00am - 7.45am  
9.30am - 10.15am  
9.30am - 10.30am  
10.00am - 10.45am  
10.45am - 11.30am  
12.00pm - 12.45pm  
12.30pm - 1.15pm  
1.00pm - 1.45pm  
1.00pm - 2.00pm  
2.30pm - 3.15pm  
5.45pm - 6.30pm  
6.00pm - 6.45pm  
7.00pm - 7.45pm  
7.00pm - 7.45pm  
8.00pm - 9.00pm

### SATURDAY

Circuits  
Cardio Cycle  
PWR Yoga  
Virtual Cycle  
Flexibility & Mobility  
Virtual Cycle

8.15am - 9.00am  
9.15am - 10.00am  
9.30am - 10.15am  
12.30pm - 1.15pm  
2.00pm - 2.45pm  
2.30pm - 3.15pm

### SUNDAY

Functional  
Flexibility & Mobility  
Virtual Cycle  
Circuits  
Cardio Cycle  
Virtual Cycle

8.15am - 9.00am  
9.15am - 10.00am  
10.30am - 11.15am  
1.30pm - 2.15pm  
2.30pm - 3.15pm  
4.00pm - 4.45pm



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