



Dromore
Community Centre



GET ACTIVE AND LOVE EVERY MOVE



ACTIVITY PROGRAMME

Updated 22 March 2026

MONDAY

Bootcamp 6.00am - 6.45am
Pilates 7.00am - 7.45am
Pilates [NEW] 7.50am - 8.35am
Cardio Cycle 9.00am - 9.45am
Legs, Bums & Tums 9.50am - 10.20am
Learn to Lift 12.30pm - 1.15pm
Functional 5.00pm - 5.45pm
Cardio Cycle 6.00pm - 6.30pm
Cardio Cycle 6.35pm - 7.20pm
Core workout 7.30pm - 8.00pm

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
Cardio Cycle 6.30pm - 7.00pm
Kettlebells 6.00pm - 6.45pm
Circuits 7.00pm - 7.45pm

TUESDAY

Pilates 7.00am - 7.45am
Pilates 8.15am - 9.00am
Pilates 9.30am - 10.15am
Chair Pilates [NEW] 10.20am - 11.05am
Zumba [NEW] 11.15am - 12.00pm
Cardio Cycle 5.30pm - 6.00pm
Cardio Cycle 6.05pm - 6.35pm
Learn to Lift [NEW] 6.00pm - 6.45pm
Circuits 7.00pm - 7.45pm

FRIDAY

Bootcamp 6.00am - 6.45am
Pilates 8.00am - 8.45am
Cardio Cycle 9.30am - 10.15am
Legs, Bums & Tums 10.20am - 10.50am
Cardio Cycle 6.00pm - 6.30pm
Cardio Cycle 6.35pm - 7.20pm

WEDNESDAY

Bootcamp 6.00am - 6.45am
Pilates 8.30am - 9.15am
Pilates 10.00am - 10.45am
Pilates 11.15am - 12.00pm
TRX 5.10pm - 5.40pm
Kettlebells 5.45pm - 6.30pm
Cardio Cycle 6.00pm - 6.30pm

SATURDAY

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

SUNDAY

Pilates 10.00am - 10.45am
Pilates 10.50am - 11.35am

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.
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Book Online at **getactive**abc.com/fitnessclasstimetables



Armagh City
Banbridge & Craigavon
Borough Council