

TEEN GYM

SUITABLE FOR
12-15
YEAR OLDS
BOOK ONLINE

12-15 year olds can attend the below Teen Gym times unaccompanied as they're supervised by a member of staff, outside of these times 12-15 year olds must be accompanied by a parent/guardian.

JULY/AUGUST TEEN GYM TIMES

MONDAY

6.00am - 7.00am
7.00am - 8.00am
12.00pm - 1.00pm
3.00pm - 4.00pm
4.00pm - 5.00pm
5.00pm - 6.00pm

TUESDAY

9.00am - 10.00am
11.00am - 12.00pm
4.00pm - 5.00pm

WEDNESDAY

10.00am - 11.00am
2.00pm - 3.00pm
3.00pm - 4.00pm

THURSDAY

10.00am - 11.00am
3.00pm - 4.00pm
4.00pm - 5.00pm

FRIDAY

11.00am - 12.00pm
3.00pm - 4.00pm
4.00pm - 5.00pm

SATURDAY

8.30am - 9.30am
10.00am - 11.00am
11.00am - 12.00pm
2.00pm - 3.00pm

SUNDAY

10.30am - 11.30am
12.00pm - 1.00pm
2.00pm - 3.00pm



MAKE BOOKINGS SIMPLER

DOWNLOAD THE GETACTIVEABC APP
BOOK TEEN GYM & INDUCTION TIMES
BY SELECTING 'BOOK CLASSES'



You must have valid email address connected to your account, please update at reception.

INDUCTION TIMES

MON - WED
4.00PM - 5.00PM

You must complete an induction prior to using the gym, please see Teen Gym Induction times, these can be booked online or at reception. A parent/guardian must also attend and sign the parental consent form.

For further details, visit

getactiveabc.com/teengym



**Armagh City
Banbridge
& Craigavon
Borough Council**