

GET ACTIVE AND LOVE EVERY MOVE

ACTIVITY PROGRAMME

Updated 1 Sept 2026

MONDAY

Yoga*	9.30am - 10.30am
Cardio Dance	7.00pm - 8.00pm

TUESDAY

Teen Gym	3.00pm - 4.30pm
Cardio Cycle Express	6.15pm - 6.45pm
Cardio Cycle Express	6.45pm - 7.15pm
Legs, Bums & Tums	7.00pm - 8.00pm
Beginners Cardio Cycle	7.15pm - 7.45pm
Pilates	8.00pm - 9.00pm

WEDNESDAY

Pilates	11.00am - 12.00pm
Cardio Cycle Express	6.00pm - 6.30pm
Circuits	6.15pm - 7.00pm
Beginners Cardio Cycle	6.30pm - 7.00pm
Ease into Fitness	7.00pm - 8.00pm

THURSDAY

Teen Gym	3.00pm - 4.30pm
Ju Jit Su Junior*	6.00pm - 7.00pm
Ju Jit Su Senior*	7.00pm - 8.00pm
Boxercise	7.30pm - 8.30pm
Pilates [NEW]	8.30pm - 9.15pm

FRIDAY

Over 50's Club**	10.00am - 12.00pm
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* Not included in getactiveabc membership | Enrolment necessary
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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