

GET ACTIVE AND LOVE EVERY MOVE ACTIVITY PROGRAMME



LET'S
DO THIS
JOIN ONLINE

Updated Mon 31 Aug 2026

MONDAY

Teen Gym	5.00pm - 6.00pm
Functional Gym Workout [New]	6.00pm - 6.30pm
Cardio Cycle	6.30pm - 7.00pm
Functional Gym Workout [New]	7.00pm - 7.30pm

TUESDAY

Bootcamp [New]	6.00pm - 6.30pm
Pickleball	7.00pm - 8.00pm
Badminton	7.00pm - 8.00pm

WEDNESDAY

Teen Gym	5.00pm - 6.00pm
Kettlebells [New]	6.00pm - 6.30pm
Cardio Cycle	6.30pm - 7.00pm

THURSDAY

Gym Circuits	6.00pm - 7.00pm
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FRIDAY

Teen Gym	5.00pm - 6.00pm
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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