

GET MORE THAN JUST A GYM

GET ACTIVE AND LOVE EVERY MOVE

ACTIVITY PROGRAMME

LET'S
DO THIS
JOIN ONLINE

Updated 1 September 2026

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
Cardio 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
Cardio Cycle [NEW]	6.00am - 6.45am
Aqua Fit [NEW TIME]	7.00am - 7.45am
Box Fit [NEW]	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
Functional Gym
Virtual Cycle
Yoga [Beginners]
Kettlebells
Cardio Cycle
Cardio Pump
Cardio Cycle
Functional Gym
Virtual Cycle

1.00pm - 1.30pm
3.00pm - 3.45pm
3.00pm - 3.30pm
3.00pm - 4.00pm
5.00pm - 5.45pm
5.00pm - 5.45pm
6.00pm - 6.45pm
6.00pm - 6.45pm
7.30pm - 8.15pm
8.00pm - 8.45pm

WEDNESDAY

Cardio Cycle
HIIT your Core
Functional Gym
Pilates
Cardio Cycle
Cardio Pump
Over 50's Club
Core
Aqua Fit [NEW]
Virtual Cycle
Flex & Stretch
Functional Gym
Cardio Cycle
Cardio Dance
Cardio Cycle
Functional Gym
Pilates
Cardio Cycle
Yoga

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
12.30pm - 1.15pm
1.00pm - 1.45pm
2.15pm - 3.00pm
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

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



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Banbridge
& Craigavon
Borough Council

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THURSDAY

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

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

FRIDAY

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

6.00am - 6.45am
6.00am - 6.45am
7.00am - 7.45am
9.30am - 10.15am
9.30am - 10.30am
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

Hybrid
Flexibility & Mobility
Virtual Cycle
Circuits
Hybrid
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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