

GET ACTIVE AND LOVE EVERY MOVE

ACTIVITY PROGRAMME

LET'S
DO THIS
JOIN ONLINE

Updated 23 September 2026

MONDAY

Bootcamp	6.00am - 6.45am
Pilates	7.00am - 7.45am
Pilates	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

TUESDAY

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

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

Cardio Cycle
Pilates
Pilates

6.35pm - 7.20pm
6.35pm - 7.20pm
7.30pm - 8.15pm

THURSDAY

Pilates
Pilates
Pilates
Chair Pilates
Cardio Cycle
Kettlebells
Circuits

7.00am - 7.45am
8.00am - 8.45am
10.00am - 10.45am
11.15am - 12.00pm
6.30pm - 7.00pm
6.00pm - 6.45pm
7.00pm - 7.45pm

FRIDAY

Bootcamp
Pilates
Cardio Cycle
Legs, Bums & Tums
Cardio Cycle
Cardio Cycle

6.00am - 6.45am
8.00am - 8.45am
9.30am - 10.15am
10.20am - 10.50am
5.30pm - 6.00pm
6.05pm - 6.35pm

SATURDAY

Pilates
Pilates
Cardio Cycle
Legs, Bums & Tums

8.30am - 9.15am
9.20am - 10.05am
9.30am - 10.15am
10.20am - 11.05am

SUNDAY

Pilates
Pilates

10.00am - 10.45am
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



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bookings
simpler.

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Book Online at

getactiveabc.com/fitnessclasstimetables



Armagh City
Banbridge
& Craigavon
Borough Council