

GET ACTIVE AND LOVE EVERY MOVE

ACTIVITY PROGRAMME



Updated Monday 19 October 2026

MONDAY

Box fit	6.15pm - 7.00pm
Circuits	7.15pm - 8.00pm

TUESDAY

Legs, Bums & Tums [New]	5.15pm - 6.00pm
Cardio Cycle [New]	6.00pm - 6.30pm
Cardio Cycle [New]	6.35pm - 7.05pm

WEDNESDAY

Teen Gym	4.00pm - 6.00pm
Pilates	7.20pm - 8.05pm
Pilates	8.15pm - 9.00pm

FRIDAY

Cardio Abs [New]	12.00pm - 12.30pm
Cardio Cycle [New]	12.45pm - 1.15pm
Cardio Cycle [New]	1.20pm - 1.50pm

ADDITIONAL INFORMATION

- All getactiveabc 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
 - For availability on Competent Climbing sessions & Competent Climbing assessments, please contact the centre reception
- ☎ 028 3883 1708



Make bookings simpler.
Download the getactiveabc app



Book Online at

getactiveabc.com/fitnessclasstimetables



Armagh City
Banbridge
& Craigavon
Borough Council