

# GET ACTIVE AND LOVE EVERY MOVE

## ACTIVITY PROGRAMME



Updated Monday 26 October 2026

### MONDAY

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

### TUESDAY

|                                |                 |
|--------------------------------|-----------------|
| Legs, Bums & Tums <b>[New]</b> | 5.15pm - 6.00pm |
| Cardio Cycle <b>[New]</b>      | 6.15pm - 6.45pm |
| Cardio Cycle <b>[New]</b>      | 6.50pm - 7.20pm |

### WEDNESDAY

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

### FRIDAY

|                           |                   |
|---------------------------|-------------------|
| Cardio Abs <b>[New]</b>   | 12.00pm - 12.30pm |
| Cardio Cycle <b>[New]</b> | 12.45pm - 1.15pm  |
| Cardio Cycle <b>[New]</b> | 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

**getactive**abc.com/fitnessclasstimetables



Armagh City  
Banbridge  
& Craigavon  
Borough Council