Orchard
Leisure Centre



GET ACTIVE
AND LOVE EVERY MOVE

LET'S DO THIS
JOIN ONLINE

ACTIVITY PROGRAMME

Updated Tuesday 10 November 2026

MONDAY

Yoga	10.00am - 11.00am
20/20/20	10.30am - 11.30am
Yoga	12.30pm - 1.30pm
Cardio Cycle	12.45pm - 1.15pm
Boot Camp	5.45pm - 6.45pm
Cardio Cycle	6.00pm - 7.00pm
Cardio Cycle	7.00pm - 7.45pm
Pilates	7.00pm - 8.00pm
Pilates [NEW]	8.00pm - 9.00pm

TUESDAY

Ardmore Boot Camp	6.00am - 7.00am
Corebox	9.00am - 9.45am
Pilates	10.00am - 11.00am
50+ Yoga	12.00pm - 1.00pm
Yoga	6.00pm - 6.45pm
Cardio Cycle	6.00pm - 6.45pm
Cardio Cycle	7.00pm - 7.45pm
Core Blast	7.00pm - 7.45pm

WEDNESDAY

Cardio Abs	10.30am - 11.30am
Yoga	12.30pm - 1.30pm
Cardio Cycle	12.45pm - 1.15pm
Cardio Cycle	6.00pm - 6.45pm
Cardio Abs	7.00pm - 7.45pm

THURSDAY

Ardmore Boot Camp	6.00am - 7.00am
Pilates [NEW]	9.30am - 10.30am
Ardmore H.I.I.T	1.00pm - 1.30pm
Cardio Cycle	6.00pm - 6.45pm
Boot Camp	7.00pm - 8.00pm
Beginners Pilates	7.00pm - 8.00pm
Cardio Cycle	8.00pm - 9.00pm
Pilates	8.00pm - 9.00pm

FRIDAY

Yoga	9.30am - 10.30am
20/20/20	10.30am - 11.30am
Cardio Cycle	12.45pm - 1.15pm
Core Box	5.30pm - 6.15pm

SATURDAY

Cardio Cycle	10.00am - 10.45am

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

Book Online at
getactiveabc.com/fitnessclasstimetables

Armagh City
Banbridge
& Craigavon
Borough Council