

Fitness Class Timetable

Banbridge Leisure Centre

Accurate as of 01/05/2024

Times for Monday 6 July



Time	Session	Facility	Type
10:00 - 10:45	TRX	Spin Studio	Strength/Conditioning
11:00 - 12:00	Pilates	Spin Studio	Mind & Body
18:15 - 19:00	Cardio Cycle	Spin Studio	Cardio
18:30 - 19:30	Aqua Aerobics	Main Pool	Water Workout
19:15 - 20:00	TRX	Spin Studio	Strength/Conditioning
20:10 - 21:00	Circuits	Main Hall	Cardio