Fitness Class Timetable Banbridge Leisure Centre

Accurate as of 02/05/2024

Times for Wednesday 15 July				٩
Time	Session	Facility	Туре	
10:00 - 11:00	Legs Bums & Tums (LBT)	Main Hall	Strength/Conditioning	
11:00 - 12:00	Aqua Aerobics	Minor Pool	Water Workout	
18:00 - 18:45	Box fit	Main Hall	Cardio	
20:10 - 21:00	Circuits	Fitness Studio	Cardio	