

Fitness Class Timetable

Banbridge Leisure Centre

Accurate as of 28/04/2024

Times for Thursday 16 July



Time	Session	Facility	Type
10:00 - 10:50	Cardio Pump	Main Hall	Strength/Conditioning
18:00 - 19:00	Legs Bums & Tums (LBT)	Main Hall	Strength/Conditioning
19:00 - 19:30	Cardio Cycle	Spin Studio	Cardio
19:15 - 20:00	Meta Fit	Main Hall	HIIT