

Fitness Class Timetable

Banbridge Leisure Centre

Accurate as of 02/05/2024

Times for Friday 17 July



Time	Session	Facility	Type
06:30 - 07:00	Cardio Cycle	Spin Studio	Cardio
10:00 - 11:00	Circuits	Main Hall	Cardio
11:00 - 11:45	TRX	Spin Studio	Strength/Conditioning
18:30 - 19:15	Cardio Pump	Main Hall	Strength/Conditioning