

Fitness Class Timetable

Banbridge Leisure Centre

Accurate as of 15/05/2024

Times for Friday 5 April



| 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 |