

Fitness Class Timetable

Banbridge Leisure Centre

Accurate as of 10/05/2026

Times for Tuesday 12 May



| Time | Session | Facility | Type |
|---------------|--------------|----------------|-----------------------|
| 06:30 - 07:00 | Circuits | Main Hall | Cardio |
| 10:00 - 11:00 | Circuits | Main Hall | Cardio |
| 13:00 - 13:45 | Pilates | Fitness Studio | Mind & Body |
| 18:30 - 19:00 | Cardio Cycle | Spin Studio | Cardio |
| 19:30 - 20:30 | Cardio Pump | Main Hall | Strength/Conditioning |