



42 HIGH STREET LURGAN

www.apolloct.com

WINTER PROGRAM FROM 22ND JAN

DAY	ACTIVITY	LOCATION	TIME	DIFFICULTY	CONTACT
SUNDAY	Club ride	Leaving from Club Rooms	9.30am	Intermediate	Enda McDaid
MONDAY	Circuits	Club Rooms	8pm	All abilities	Paul McCormac
TUESDAY	Club ride	Leaving from Club Rooms	10am	Med- Hard	Tony McConville
TUESDAY	Club Ride	Leaving from Club Rooms	6.30pm	All Abilities	Keith Abraham Enda McDaid
WEDNESDAY	Fat Club	Club Rooms	8pm	Hardest of all	Paul McCormac
WEDNESDAY	MTB	Craigavon lakes	7pm	All Abilities	Keith Abraham
WEDNESDAY	Sufferfest Turbo Class	Club Rooms	7pm	All Abilities	Andy McGibbon
THURSDAY	Club Ride	Leaving from Club Rooms	6.30pm	All Abilities	Keith Abraham
THURSDAY	Spin Class	Columbia Gym	8pm	All Abilities	David Elliot
FRIDAY	COFFEE AND SOCIAL	CLUB ROOM	6.45-9pm		
FRIDAY	Ladies Turbo Class	Club Rooms	7pm	All Abilities	Enda McDaid
SATURDAY	Bun Run	Leaving from Club Rooms	9am	All Abilities	Enda McDaid Campbell Armstrong

***Please note activities taking place in club rooms will be limited availability so please let your contact know if you're interested in attending.

***Apollo CT now own a number of Turbo trainers which will remain in place in the club rooms.

***Friday evenings, the club room will be open for all members or potential members to come along and have a coffee and chat.