

CLASS TIMETABLE

MONDAY

12:30-13:15 PILATES
18:30-19:15 SPIN

TUESDAY

17:30-18:15 YOGA
18:30-19:15 BODYBURN

WEDNESDAY

17:15-18:00 PILATES
18:30-19:15 INFINITY

THURSDAY

07:15-08:00 BOOTCAMP
12:30-13:15 SPIN
**18:30-19:15 BODY
CONDITIONING**

FRIDAY

**12:30-13:15 INFINITY
CIRCUITS**
17:30-18:15 SPIN

SATURDAY

**08:00-08:45 BARS &
BELLS**
09:00-09:45 SPIN

NICSSA STORMONT MEMBERS

INDIVIDUAL CLASS: £4
10 SESSION CLASS PASS: £32

GYM MEMBERS

FREE CLASSES



BOOK NOW VIA GYM SYNC