

i-Motion Gym Rotherham Timetable

MONDAY

X-FIT CIRCUIT

06:30-07:00

JADE

YOGA

07:05-08:05

GRETA

SPIN

09:15-10:00

JADE

STRENGTH

10:10-10:55

FIONA

AEROBICS

11:05-11:50

FIONA

ARMS & ABS

17:00-17:30

HANNAH

STRENGTH

17:30-18:15

FIONA

SPIN

17:30-18:15

BEN

BODY ATTACK

18:25-19:10

FIONA **LES MILLS**

SPIN

18:25-18:55

BEN

PILATES

19:15-20:15

FIONA

TUESDAY

X-FIT

07:00-07:30

JADE

LBT

09:15-10:00

FIONA

BODY COMBAT

10:10-10:55

TIM **LES MILLS**

SPIN

10:10-10:55

FIONA

PILATES

11:05-12:05

FIONA

LBT

17:30-18:15

FIONA

SPIN

18:20-19:05

KELLY

STEP

18:20-19:05

FIONA

BODY PUMP

19:15-20:00

KELLY **LES MILLS**

WEDNESDAY

SPIN

06:30-07:00

JADE

LBT

07:15-07:45

JADE

LADIES BOXING

09:00-10:00

DAN

SPIN

09:15-10:00

FIONA

BOOTCAMP

09:15-09:45

JADE

BODY PUMP

10:10-10:55

TIM **LES MILLS**

PILATES

11:05-11:50

TIM

PILATES

17:30-18:15

FIONA

CARDIO PUMP

18:20-18:50

FIONA

SPIN

18:15-19:00

JOSH

ZUMBA

19:15-20:00

KATIE

THURSDAY

X-FIT

08:30-09:00

MICHAEL

STEP

09:15-10:00

FIONA

CARDIO PUMP

10:10-10:40

FIONA

YOGA

11:00-12:00

GRETA

SPIN

17:30-18:00

FIONA

BODY PUMP

17:40-18:25

TIM **LES MILLS**

SPIN

18:10-18:40

FIONA

BODY COMBAT

18:35-19:20

TIM **LES MILLS**

MIXED BOXING

19:30-20:30

DAN

FRIDAY

SPIN

06:30-07:00

JADE

BOOTCAMP

07:00-07:45

MATT

SPIN

09:15-09:45

KELLY

BODY PUMP

10:00-10:45

KELLY **LES MILLS**

ZUMBA

10:50-11:35

KATIE

PILATES

11:45-12:45

FIONA

SPIN

17:15-18:00

FIONA

BOX HIIT

17:30-18:00

HANNAH

BODY ATTACK

18:10-18:55

FIONA **LES MILLS**

SATURDAY

MIXED BOXING

09:00-10:00

DAN

SPIN

09:15-10:00

KELLY

BODY PUMP

10:10-11:10

KELLY **LES MILLS**

BOOTCAMP

08:25-08:55

JOSH

SPIN

10:00-10:45

SHONA

ZUMBA

10:00-10:45

KATIE

YOGA

11:00-12:00

TIM

SUNDAY

 HIGH ENERGY

 FUNCTIONAL

 STRENGTH AND CONDITIONING



i-Motion Gym Rotherham Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


SATURDAY


SUNDAY

RPM
06:10-07:00
VIRTUAL 


SPRINT
14:00-14:30
VIRTUAL 

BODY ATTACK
16:00-16:45
VIRTUAL 

THE TRIP
19:20-20:15
VIRTUAL 

THE TRIP
06:20-07:00
VIRTUAL 

LIFTING WORKSHOP
07:35-08:05
JADE

SPRINT
12:15-12:45
VIRTUAL 


CORE
14:00-14:30
VIRTUAL 

RPM
16:00-16:30
VIRTUAL 

SHRED FOR WELLNESS
18:20-19:05
JOSH

RPM
12:15-12:45
VIRTUAL 

SPRINT
14:00-14:30
VIRTUAL 

BODY COMBAT
16:00-16:30
VIRTUAL 

SHRED ATHLETIC
17:30-18:00
JOSH


WORKSHOP
18:45-19:15

THE TRIP
19:30-20:15
VIRTUAL 

SHRED WARRIOR
06:30-07:00
MICHAEL

THE TRIP
06:20-07:00
VIRTUAL 


SPRINT
12:15-15:45
VIRTUAL 

BODY PUMP
14:00-14:45
VIRTUAL 

RPM
16:00-16:30
VIRTUAL 

MOBILITY FOR WELLNESS
18:45-19:15

RPM
19:30-20:20
VIRTUAL 

RPM
12:15-15:45
VIRTUAL 

SPRINT
14:00-14:30
VIRTUAL 


BODY BALANCE
16:00-16:55
VIRTUAL 

SHRED STRENGTH
08:25-08:55
JADE

SPRINT
12:15-12:45
VIRTUAL 


THE GRIT
13:00-13:30
VIRTUAL 

SH-BAM
14:00-14:30
VIRTUAL 

RPM
15:00-15:30
VIRTUAL 

RPM
12:15-12:45
VIRTUAL 

WORKSHOP
12:15-12:45
JOSH

CORE
14:00-14:30
VIRTUAL 

RPM
15:00-15:30
VIRTUAL 

 HIGH ENERGY

 FUNCTIONAL

 STRENGTH AND CONDITIONING

GROUP INDUCTIONS 08:30-09:00 & 18:00-18:30 MON, WED & FRI

