

i-Motion gym Rotherham Timetable



MONDAY

06:30-07:00
XFIT-JADE

09:15-10:00
SPIN-JADE

10:10-10:55
STRENGTH-FIONA

11:05-11:50
AEROBICS-FIONA

17:00-17:25
AB ATTACK-HANNAH

17:30-18:15
STRENGTH-FIONA

17:30-18:15
SPIN-BEN

18:25-19:10
BODY ATTACK-FIONA

18:25-18:55
SPIN-BEN

19:15-20:15
PILATES-FIONA

TUESDAY

06:30-07:00
XFIT-JADE

09:15-10:00
LBT-FIONA

10:10-10:55
BODY COMBAT-TIM

10:10-10:55
SPIN-FIONA

11:05-12:05
PILATES-FIONA

17:30-18:15
LBT-FIONA

18:15-19:00
SPIN-KELLY

18:20-19:05
STEP-FIONA

19:15-20:00
BODYPUMP-KELLY

WEDNESDAY

06:30-07:00
SPIN-JADE

07:15-07:45
LBT-JADE

09:00-10:00
LADIES BOXING-DAN

09:15-10:00
SPIN-FIONA

10:10-11:10
BODYPUMP-TIM

17:30-18:00
SHRED-JOSH

17:30-18:15
PILATES-FIONA

18:15-19:00
SPIN-JOSH

18:20-18:50
CARDIOPUMP-FIONA

19:00-19:45
ZUMBA-KATIE

THURSDAY

06:30-07:00
SHRED-MICHAEL

08:30-09:00
XFIT-MICHAEL

09:15-10:00
STEP-FIONA

10:10-10:40
CARDIOPUMP-FIONA

17:30-18:15
SPIN-FIONA

17:40-18:40
BODYPUMP-TIM

18:30-19:00
SPIN-FIONA

18:35-19:20
BODYCOMBAT-TIM

FRIDAY

06:30-07:00
SPIN-JADE

07:00-07:45
BOOTCAMP-MATT

09:15-09:45
SPIN-KELLY

09:55-10:40
BODYPUMP-KELLY

10:50-11:35
ZUMBA-KATIE

11:45-12:45
PILATES-FIONA

17:15-18:00
SPIN-FIONA

17:30-18:00
SHRED-MICHAEL

18:10-18:55
BODYATTACK-FIONA

SATURDAY

08:15-08:45
SHRED-JADE

09:00-10:00
BODYPUMP-KELLY

10:10-11:10
POUND-JANINE

10:15-11:00
SPIN-KELLY

SUNDAY

09:15-10:00
BOOTCAMP-JOSH

10:00-10:45
SPIN-SHONA

10:00-10:45
ZUMBA-KATIE

11:00-12:00
YOGA-TIM