

# i-Motion Gym Timetable

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

**SPIN**  
06:30-07:00  
DAN

**HIIT**  
07:05-07:35  
HANNAH

**SPIN**  
09:15-10:00  
DAN

**STRENGTH**  
10:10-10:55  
FIONA

**AEROBICS**  
11:05-11:50  
FIONA

**ARMS & ABS**  
17:00-17:25  
HARRISON

**STRENGTH**  
17:30-18:15  
FIONA

**SPIN**  
18:25-19:10  
BEN

**BODY ATTACK**  
18:25-19:10  
FIONA **LES MILLS**

**PILATES**  
19:15-20:15  
FIONA

**X-FIT**  
06:30-07:00  
HANNAH

**STRENGTH**  
07:05-07:50  
HANNAH

**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**

**ACCUMULATOR**  
06:30-07:00  
HARRY

**MIDWEEK RECOVERY**  
07:10-07:30  
KLAUDIA

**MIXED BOXING**  
09:00-10:00  
DAN

**SPIN**  
09:15-10:00  
FIONA

**BODY PUMP**  
10:10-10:55  
TIM

**PILATES**  
11:05-11:50  
TIM **LES MILLS**

**GLUTE BURN**  
17:00-17:30  
ELLIOTT

**PILATES**  
17:30-18:15  
FIONA

**CARDIO PUMP**  
18:20-18:50  
FIONA

**ZUMBA**  
19:00-19:45  
KATIE

**SHRED**  
06:30-07:00  
MICHAEL

**X-FIT**  
08:30-09:00  
HANNAH

**STEP**  
09:15-10:00  
FIONA

**CARDIO PUMP**  
10:10-10:40  
FIONA

**SPIN**  
17:30-18:15  
FIONA

**BODY PUMP**  
17:40-18:25  
TIM **LES MILLS**

**SPIN**  
18:30-19:00  
FIONA

**YOGA & PILATES MIX**  
18:35-19:20  
TIM

**SPIN**  
06:30-07:00  
DAN

**BOOTCAMP**  
07:05-07:50  
KLAUDIA

**GLUTE BURN**  
08:30-09:00  
HANNAH

**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

**DANCE YOURSELF FIT**  
17:15-18:00  
MARIA

**SPIN**  
17:15-18:00  
FIONA

**AEROBICS**  
18:10-18:55  
FIONA

**SHRED**  
08:25-08:55  
RYAN

**BODY PUMP**  
09:00-10:00  
KELLY **LES MILLS**

**SPIN**  
10:15-11:00  
KELLY

**BOOTCAMP**  
09:15-10:00  
RYAN

**SPIN**  
10:00-10:45  
SHONA

**ZUMBA**  
10:00-10:45  
KATIE

**YOGA**  
11:00-12:00  
TIM

 HIGH ENERGY

 FUNCTIONAL

 STRENGTH AND CONDITIONING

