

i-Motion Gym Rotherham Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	SPIN 06:30 - 07:00 Rachel Cranmer Spin Studio	FAT BURN CIRCUITS 07:00 - 07:45 Rachel Cranmer Studio	SPIN 06:30 - 07:00 Tasha Wilde Spin Studio	THE BOX CIRCUITS 07:00 - 07:45 Rachel Cranmer Functional Area	SPIN 06:30 - 07:00 Tasha Wilde Spin Studio		
	Hiit 07:15 - 08:00 Rachel Cranmer Studio		BODY PUMP LESMILLS 07:15 - 08:00 Tasha Wilde Studio		BOOTCAMP 07:15 - 08:00 Tasha Wilde Studio		
Daytime	SPIN 09:15 - 09:45 Fiona Burkinshaw Spin Studio	SPIN 09:15 - 10:00 Rachel Cranmer Spin Studio	SPIN 09:30 - 10:15 Tasha Wilde Spin Studio	LEGS, BUMS & TUMS 09:15 - 10:00 Rachel Cranmer Studio	SPIN 09:15 - 09:45 Tasha Wilde Spin Studio	THE BOX CIRCUITS 08:15 - 08:45 Tasha Wilde Functional Area	THE BOX CIRCUITS 09:30 - 10:00 Mike Foster Functional Area
	STRENGTH 10:05 - 10:50 Fiona Burkinshaw Studio	LEGS, BUMS & TUMS 09:15 - 10:00 Fiona Burkinshaw Studio	STEP 09:15 - 10:00 Fiona Burkinshaw Studio	SPIN 09:15 - 10:00 Tasha Wilde Spin Studio	BODY PUMP LESMILLS 09:50 - 10:35 Tim Kellett Studio	BODY PUMP LESMILLS 09:00 - 10:00 Tasha Wilde Studio	SPIN 10:00 - 10:45 Shona Walker Spin Studio
	BODY ATTACK LESMILLS 10:55 - 11:40 Fiona Burkinshaw Studio	AB ATTACK 10:05 - 10:35 Rachel Cranmer Functional Area	BODY PUMP LESMILLS 10:05 - 10:50 Kelly Walker Studio	FIT IN 30 10:15 - 10:45 Rachel Cranmer Studio	AB ATTACK 10:00 - 10:30 Mike Foster Functional Area	POUND 10:05 - 10:50 Felicity Clark Studio	AB ATTACK 11:00 - 11:30 Mike Foster Functional Area
		BODY ATTACK LESMILLS 10:05 - 10:50 Fiona Burkinshaw Studio		POUND 10:15 - 10:45 Felicity Clark Studio	BODY COMBAT LESMILLS 10:40 - 11:25 Tim Kellett Studio	SPIN 10:10 - 10:50 Tasha Wilde Spin Studio	
		PILATES 10:55 - 11:55 Fiona Burkinshaw Studio			PILATES 11:30 - 12:30 Fiona Burkinshaw Studio		
Evening	FIT IN 30 17:00 - 17:30 Matt Ardron Studio	BODY BLAST 17:00 - 17:30 Mike Foster Studio	FAT BURN CIRCUITS 17:00 - 17:30 Rachel Cranmer Studio	HIIT 17:00 - 17:30 Matt Ardron Studio	SPIN 17:15 - 18:00 Fiona Burkinshaw Spin Studio	WOD UP 16:00 - 16:30 Matt Ardron Functional Area	
	SPIN 17:00 - 17:30 Fiona Burkinshaw Spin Studio	LEGS, BUMS & TUMS 17:35 - 18:20 Fiona Burkinshaw Studio	SPIN 17:35 - 18:20 Rachel Cranmer Spin Studio	WOD UP 17:35 - 18:05 Matt Ardron Functional Area			
	STRENGTH 17:35 - 18:20 Fiona Burkinshaw Studio	SPIN 17:45 - 18:15 Tasha Wilde Spin Studio	PILATES 17:35 - 18:20 Fiona Burkinshaw Studio	POUND 17:35 - 18:05 Felicity Clark Studio			
	BODY ATTACK LESMILLS 18:25 - 19:25 Fiona Burkinshaw Studio	STEP 18:25 - 19:10 Fiona Burkinshaw Studio	BODY COMBAT LESMILLS 18:25 - 19:10 Tim Kellett Studio	SPIN 17:45 - 18:15 Fiona Burkinshaw Spin Studio			
	AB ATTACK 18:30 - 19:00 Mike Foster Functional Area	THE BOX CIRCUITS 18:30 - 19:00 Matt Ardron Functional Area	AB ATTACK 18:30 - 19:00 Rachel Cranmer Functional Area	BODY PUMP LESMILLS 18:15 - 19:15 Tasha Wilde Studio			
	PILATES 19:30 - 20:30 Fiona Burkinshaw Studio		SPIN 18:30 - 19:15 Fiona Burkinshaw Spin Studio	SPIN 18:30 - 19:00 Fiona Burkinshaw Spin Studio			
		BODY PUMP LESMILLS 19:15 - 20:00 Tim Kellett Studio					

 High Energy
  Strength & Conditioning
  Holistic

 Induction
  Paid for