

i-Motion Gym Stafford **Group Exercise Timetable**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Risers	SPIN CLASS 06:30 - 07:15 Jordan Spin Studio	CROSS TRAINING 101 06:30 - 07:15 Jordan Functional Area	CORE FIT 750 06:45 - 07:30 Carl Cl Functional Area	CROSS TRAINING CIRCUITS 06:30 - 07:00 Jordan Functional Area	CORE FIT 750 06:45 - 07:30 Carl Cl Functional Area	ENGINE TESTER 08:45 - 09:30 Jordan Functional Area
Daytime	SPIN 09:30 - 10:15 Jordan Functional Area	BODY PUMP 09:30 - 10:15 Steph Studio 1	SPIN CLASS 09:30 - 10:15 Leah Spin Studio	BOOTCAMP 09:30 - 10:00 Carl Ch Functional Area	SPIN CLASS 09:30 - 10:15 Leah Spin Studio	BODY PUMP 09:00 - 09:45 Dave Studio 1
		YOGA HATHA 10:30 - 11:30 Clare E Studio 1	YOGA HATHA 10:00 - 11:00 Sue Mc Studio 1		PILATES 10:20 - 11:20 Leah Studio 1	BOOTY CLUB 09:30 - 10:30 Clare M Studio 2
Evening	BOOTCAMP 18:00 - 18:30 Jordan Functional Area	BODY PUMP 17:45 - 18:30 Dorian Studio 1	YOGA STRENGTH 18:00 - 19:00 Rose Studio 2	BODY PUMP 17:45 - 18:30 Dorian Studio 1	BODY PUMP 18:15 - 19:00 Leah Studio 1	
	ZUMBA 18:00 - 18:45 Helen Studio 1	BOOTCAMP 18:00 - 18:30 Carl Ch Functional Area	BOOTY CLUB 18:15 - 19:15 Clare M Studio 1	BOOTCAMP 18:30 - 19:00 Carl Ch Functional Area		SPIN CLASS 09:30 - 10:15 Jordan Spin Studio
	BOOTY CLUB 19:00 - 20:00 Clare M Studio 2	SPIN CLASS 18:30 - 19:15 Jordan Spin Studio		BODY COMBAT 18:40 - 19:25 Dorian Studio 1		BODY COMBAT 09:55 - 10:40 Dave Studio 1
		BODY COMBAT 18:40 - 19:40 Dorian Studio 1		SPIN CLASS 19:00 - 19:45 Leah Spin Studio		
				BOOTY CLUB 19:00 - 20:00 Clare M Studio 2		
				YOGA ASHTANGA £3 19:35 - 21:05 Clare E Studio 1		

High Energy
Strength & Conditioning
Holistic
Group Exercise
PT Led
Paid for

Studio 1 Top Floor Studio
 Studio 2 1st Floor Studio
 Spin Studio 1st Floor Studio

