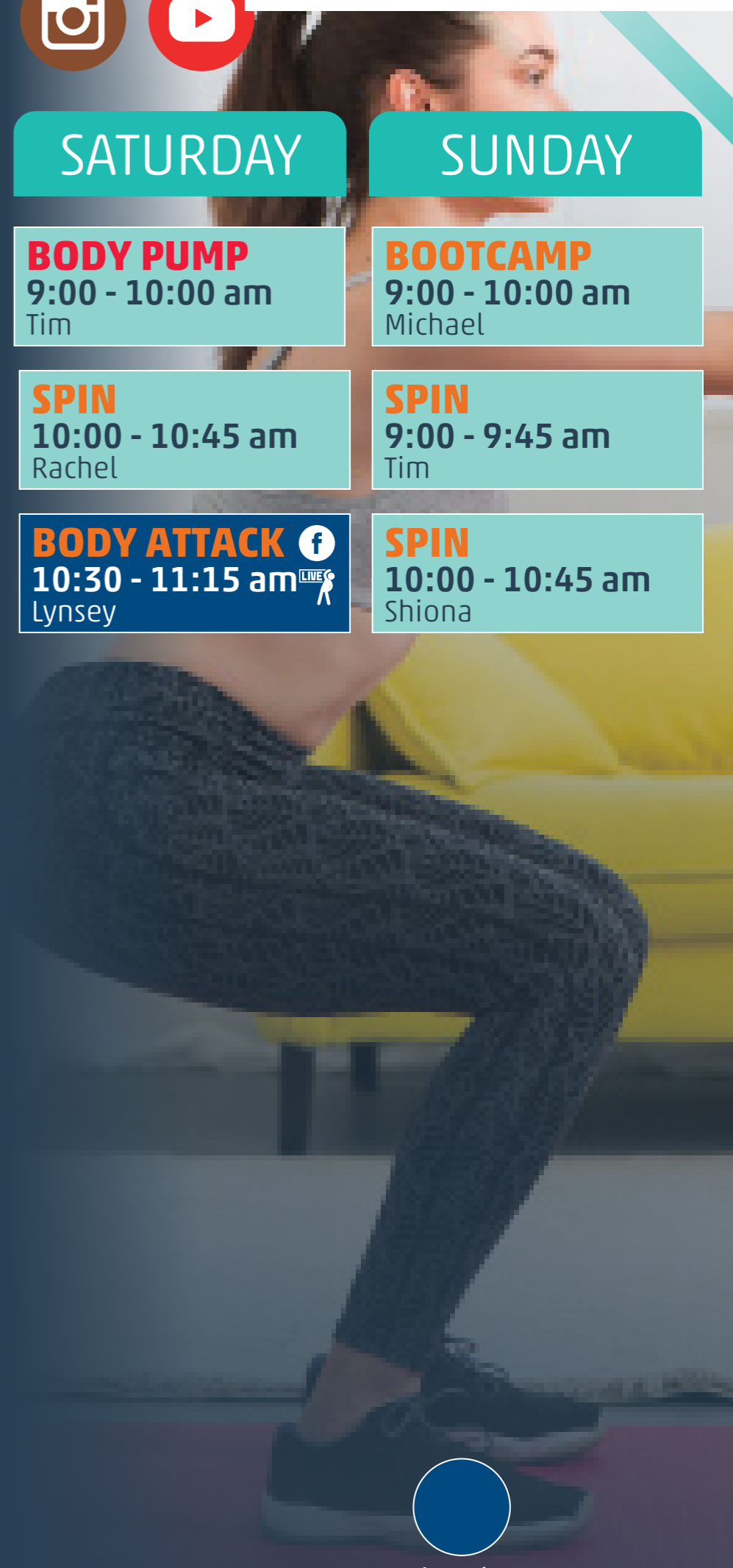


i-Motion Gym Rotherham

Timetable

Join us on our **Live Streams** or catch up later...



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN 6:30 - 7:00 am Rachel	STRENGTH 7:30 - 7:45 am Jade	SPIN 6:30 - 7:00 am Rachel	HIIT 7:00 - 7:45 am Klaudia	BOOTCAMP 7:00 - 7:45 am Matt	BODY PUMP 9:00 - 10:00 am Tim	BOOTCAMP 9:00 - 10:00 am Michael
SPIN 9:15 - 10:00 am Fiona	LBT 9:00 - 9:45 am Fiona	BODY COMBAT 9:15 - 10:00 am Tim	STEP 9:15 - 10:00 am Fiona	SPIN 9:15 - 10:00 am Fiona	SPIN 10:00 - 10:45 am Rachel	SPIN 9:00 - 9:45 am Tim
STRENGTH 10:30 - 11:15 am Fiona	SPIN 10:00 - 10:45 am Fiona	BODY PUMP 10:30 - 11:30 am Tim	BODY ATTACK 10:30 - 11:15 am Fiona	ZUMBA 10:00 - 10:45 am Katie	BODY ATTACK 10:30 - 11:15 am Lynsey	SPIN 10:00 - 10:45 am Shiona
	PILATES 11:00am - 12:00 pm Fiona			PILATES 11:30am - 12:30 pm Fiona		
SPIN 5:30 - 6:00 pm Fiona	LBT 5:00 - 5:45 pm Fiona	STEP 5:15 - 6:00 pm Fiona	BODY PUMP 5:00 - 5:45 pm Tim	SPIN 5:15 - 6:00 pm Fiona		
BODY PUMP 6:00 - 7:00 pm Tim	BODY COMBAT 6:30 - 7:15 pm Tim	SPIN 6:15 - 7:00 pm Fiona	SPIN 5:15 - 6:00 pm Fiona	BODY ATTACK 6:15 - 7:00 pm Fiona		
SPIN 6:30 - 7:00 pm Fiona		ZUMBA 6:30 - 7:15 pm Katie	BODY COMBAT 6:30 - 7:15 pm Tim			
PILATES 7:30 - 8:30 pm Fiona			YOGA 7:30 - 8:30 pm Tim			



LIVE STREAM

High Energy

Functional

Strength & Conditioning

Member's Page