

i-Motion Gym Rotherham Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	06:30-07:00 My Ride+ Spin Studio / Virtual	06:30-07:20 My Ride+ Spin Studio / Virtual	06:30-07:00 Indoor Cycling Spin Studio / PT	06:30-07:00 My Ride+ Spin Studio / Virtual	06:30-07:00 Indoor Cycling Spin Studio / PT	08:15-08:45 HIIT Functional Area / PT	08:00-08:50 My Ride + Spin Studio / Virtual	HIGH ENERGY
	07:15-08:00 HIIT Studio / PT	07:00-07:30 HIIT Studio / PT	07:15-08:00 Strength Camp Studio / PT	07:00-07:45 Body Shock Functional Area / PT	07:15-08:00 Bootcamp Studio / PT			STRENGTH & CONDITIONING
	08:00-08:50 My Ride+ Spin Studio / Virtual	07:30-08:00 Ab Attack Functional Area / PT	08:00-08:30 My Ride+ Spin Studio / Virtual	08:00-08:50 My Ride+ Spin Studio / Virtual	08:00-08:50 My Ride+ Spin Studio / Virtual			DANCE
		08:00-08:30 My Ride+ Spin Studio / Virtual						HOLISTIC
DAYTIME	09:15-10:00 Spin Spin Studio / Fiona	09:15-10:00 LBT Studio / Fiona	09:15-10:00 Spin Spin Studio / Fiona	09:15-10:00 LBT Studio / Fiona	09:15-09:45 Indoor Cycling Spin Studio / Tasha Wilde	09:15-10:00 Body Pump Studio / Tasha Wilde	09:30-10:00 Tabata25 Studio / PT	
	10:05-10:50 Strength Studio / Fiona	09:15-10:00 Spin Spin Studio / Sally	09:15-10:00 Box HIIT Studio / PT	09:15-10:00 Spin Spin Studio / Sally	09:50-10:20 My Ride+ Spin Studio / Virtual	10:05-10:50 Indoor Cycling Spin Studio / Tasha Wilde	10:00-10:45 Spin Spin Studio / Shona	
	10:15-10:50 My Ride+ Spin Studio / Virtual	10:05-10:50 Body Attack Studio / Fiona	10:05-10:50 Body Pump Studio / Tasha Wilde	10:15-10:45 Fit in 30 Studio / PT	09:50-10:35 Body Pump Studio / Tim Kellett	10:05-10:50 Box HIIT Studio / PT	10:45-11:45 Body Blast Studio / PT	
	10:55-11:40 Body Attack Studio / Fiona	10:55-11:55 Pilates Studio / Fiona	11:00-11:50 My Ride+ Spin Studio / Virtual	10:05-10:35 My Ride+ Spin Studio / Virtual	10:00-10:30 Ab Attack Functional Area / PT		12:00-12:50 My Ride + Spin Studio / Virtual	
		11:00-11:50 My Ride+ Spin Studio / Virtual			10:40-11:25 Body Combat Studio / Tim Kellett			
				11:00-11:50 My Ride+ Spin Studio / Virtual				
					11:30-12:30 Pilates Studio / Fiona			
	14:00-14:40 My Ride+ Spin Studio / Virtual	14:00-14:40 My Ride+ Spin Studio / Virtual	14:00-14:40 My Ride+ Spin Studio / Virtual	14:00-14:40 My Ride+ Spin Studio / Virtual	14:00-14:40 My Ride+ Spin Studio / Virtual	14:00-14:50 My Ride+ Spin Studio / Virtual		
EVENING	17:00-17:30 Spin Spin Studio / Fiona	17:00-17:30 Tabata25 Studio / PT	17:00-17:30 HIIT Studio / PT	17:30-18:15 Box HIIT Studio / Rachel and Tasha	17:15-18:00 Spin Spin Studio / Fiona	17:00-17:45 Rave-a-Cise (£) Studio / Tasha Wilde		
	17:00-17:30 HIIT Studio / PT	17:35-18:20 LBT Studio / Fiona	17:35-18:20 Pilates Studio / Fiona	17:45-18:15 Spin Spin Studio / Fiona	18:10-19:00 My Ride+ Spin Studio / Virtual	18:00-18:50 My Ride+ Spin Studio / Virtual	18:00-18:50 My Ride+ Spin Studio / Virtual	
	17:35-18:20 Strength Studio / Fiona	17:45-18:15 Indoor Cycling Spin Studio / PT	17:35-18:20 Indoor Cycling Spin Studio / PT	18:20-19:05 Body Pump Studio / Tasha Wilde	18:15-19:00 Body Attack Studio / Fiona			
	17:45-18:15 Spin Spin Studio / Sally or Tom	18:25-19:10 Zumba Studio / Andreas	18:25-19:10 Body Combat Studio / Tim Kellett	18:30-19:00 Spin Spin Studio / Fiona	19:05-19:50 Zumba Studio / Andreas			
	18:15-18:45 Ab Attack Functional Area / PT	18:30-19:00 Spin Spin Studio / Fiona	18:30-19:15 Spin Spin Studio / Fiona	19:10-19:40 Stretch Studio / Tasha Wilde	19:30-20:00 My Ride+ Spin Studio / Virtual			
	18:25-19:10 Body Attack Studio / Fiona	19:10-20:00 Body Blast Studio / PT	19:00-19:30 Ab Attack Functional Area / PT	19:30-20:00 My Ride+ Spin Studio / Virtual				
	18:30-19:00 My Ride+ Spin Studio / Virtual	19:45-20:45 My Ride+ Spin Studio / Virtual	19:15-20:00 Body Pump Studio / Tim Kellett	20:00-20:45 Rave-a-Cise (£) Studio / Tasha Wilde				
	19:30-20:15 Pilates Studio / Fiona		20:00-20:40 My Ride + Spin Studio / Virtual	20:00-20:50 My Ride+ Spin Studio / Virtual				
20:00-20:30 My Ride+ Spin Studio / Virtual								



* Draft timetable for indicative purposes only. Subject to change
 * My Ride + Classes can be requested by members at anytime the spin studio is free