

# i-Motion Gym Stafford Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Early Risers	<b>SPIN CLASS</b> 06:30 - 07:15 Sherree Spin Studio	<b>BODY PUMP</b> 06:30 - 07:15 Sherree Studio 1	<b>SPIN CLASS</b> 06:30 - 07:15 Sherree Spin Studio	<b>COMBAT CONDITIONING</b> 06:30 - 07:15 Jay Functional Area	<b>BODY PUMP</b> 06:30 - 07:15 Sherree Studio 1			High Energy
		<b>COMBAT CONDITIONING</b> 06:30 - 07:15 Jay Functional Area	<b>CORE FIT 750</b> 06:45 - 07:30 Carl Cl. Functional Area	<b>BODY BALANCE</b> 06:45 - 07:30 Phoebe Studio 1	<b>CORE FIT 750</b> 06:45 - 07:30 Carl Cl. Functional Area			Strength & Conditioning
								Holistic
Daytime	<b>GROUP INDUCTION</b> 09:00 - 09:30 Reception	<b>BODY BLAST</b> 09:30 - 10:15 Sophie Studio 1	<b>GROUP INDUCTION</b> 09:00 - 09:30 Reception	<b>STEP CLASS</b> 09:30 - 10:15 Caron Studio 1	<b>GROUP INDUCTION</b> 09:00 - 09:30 Reception	<b>SPIN CLASS</b> 08:30 - 09:15 Sherree Spin Studio	<b>EXPRESS SPIN CLASS</b> 08:45 - 09:15 Phoebe Spin Studio	Group Exercise
	<b>SPIN CLASS</b> 09:30 - 10:15 PT/Staff Instructor Spin Studio	<b>YOGA HATHA</b> 10:30 - 11:30 Claire E Studio 1	<b>SPIN CLASS</b> 09:30 - 10:15 Caron Spin Studio	<b>BODYBLAST</b> 10:30 - 11:15 Charlie Studio 1	<b>SPIN CLASS</b> 09:30 - 10:15 Sherree Spin Studio	<b>GROUP INDUCTION</b> 09:00 - 09:30 Reception	<b>BOOT CAMP</b> 09:00 - 09:30 PT Matt Functional Area	High Energy
	<b>SUPER CIRCUIT</b> 10:30 - 11:15 PT Studio 1		<b>YOGA HATHA</b> 10:00 - 11:30 Sue Mc Studio 1		<b>PILATES</b> 10:15 - 11:15 Caron Studio 1	<b>CORE FIT</b> 09:00 - 09:30 Carl Cl. Functional Area	<b>BODY PUMP</b> 09:30 - 10:15 Phoebe Studio 1	Holistic
Lunchtime		<b>EXPRESS BODYBLAST</b> 12:00 - 12:30 Sophie Studio 1		<b>EXPRESS BODYBLAST</b> 12:00 - 12:30 Charlie Studio 1		<b>BODY PUMP</b> 09:30 - 10:15 Dave Studio 1	<b>BODY BALANCE</b> 10:30 - 11:15 Phoebe Studio 1	PT Led
						<b>BOOTY CLUB</b> 09:30 - 10:30 Claire M Studio 2		Group Exercise
						<b>BODY COMBAT</b> 10:25 - 11:10 Dave Studio 1		High Energy
Evening	<b>GROUP INDUCTION</b> 17:00 - 17:30 Reception	<b>BODY PUMP</b> 17:45 - 18:30 Dorian Studio 1	<b>GROUP INDUCTION</b> 17:00 - 17:30 Reception	<b>BODY PUMP</b> 17:45 - 18:30 Dorian Studio 1	<b>GROUP INDUCTION</b> 17:00 - 17:30 Reception			High Energy
	<b>CORE FIT 500</b> 18:00 - 18:30 Carl Cl. Functional Area	<b>SPIN CLASS</b> 18:30 - 19:15 Sherree Spin Studio	<b>BOOTY CLUB £3</b> 18:15 - 19:00 Carl Cl. Studio 1	<b>BODYBLAST</b> 18:30 - 19:00 Carl Ch. Functional Area	<b>BODY PUMP</b> 18:15 - 19:00 Sherree Studio 1			High Energy
	<b>SPIN CLASS</b> 18:30 - 19:15 Sue T. Spin Studio	<b>BODYBLAST</b> 18:30 - 19:00 Carl Ch. Functional Area		<b>BODY COMBAT</b> 18:40 - 19:25 Dorian Studio 1				High Energy
	<b>BOOTY CLUB £3</b> 19:00 - 20:00 Carl Cl. Studio 1	<b>BODY COMBAT</b> 18:40 - 19:40 Dorian Studio 1		<b>SPIN CLASS</b> 19:00 - 19:45 Phoebe Spin Studio				High Energy
	<b>DEFENCE LAB £3</b> 19:00 - 20:00 Jay Studio 2	<b>BODY BALANCE</b> 19:45 - 20:30 Phoebe Studio 1		<b>BOOTY CLUB £3</b> 19:00 - 20:00 Carl Cl. Studio 2				High Energy
			<b>YOGA ASHTANGA £3</b> 19:35 - 21:05 Claire E Studio 1				High Energy	

Studio 1

Top Floor Studio

Studio 2

1st Floor Studio

Spin Studio

1st Floor Studio



Induction



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**i-motion gym**<sup>TM</sup>  
Redefining Affordable Fitness