

i-Motion Gym Stafford Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	SPIN 06:30 - 07:15 Sheree Spin Room	BODY PUMP £1 06:30 - 07:30 Sheree Main Studio	CORE FIT 750 06:45 - 07:30 Carl Class Functional Area	SPIN 06:30 - 07:15 Sheree Spin Room	BODY PUMP 06:30 - 07:15 Sheree Main Studio		
	CORE FIT 750 07:00 - 07:45 PT Functional Area	COMBAT CONDITIONING 06:30 - 07:15 Jay Savery Functional Area			CORE FIT 750 06:45 - 07:30 Carl Class Functional Area		
Daytime	GROUP INDUCTION 09:30 - 10:00 PT Reception	BODY CONDITIONING 09:30 - 10:15 PT Main Studio	LEGS BUMS TUMS 09:30 - 10:00 PT Main Studio	SPIN 09:30 - 10:15 Caron Fincher Spin Room	SPIN 09:30 - 10:15 Robbie Millard Spin Room	SPIN 08:55 - 09:55 Robbie Millard Spin Room	BODY PUMP 09:30 - 10:15 Phoebe Main Studio
	SPIN 09:30 - 10:15 Caron Fincher Spin Room	PILATES 10:30 - 11:30 Caron Fincher Main Studio	YOGA 10:00 - 11:30 Sue McPhee Main Studio	BW Hiit 10:40 - 11:10 PT Main Studio	GROUP INDUCTION 09:30 - 10:00 PT Reception	BODY COMBAT 09:15 - 10:00 Dorian Wall Main Studio	BABY FIT 10:00 - 11:00 Julie PT Virtual Studio
	MASTERCLASS 101 10:30 - 11:00 Jay Savery Reception				PILATES 10:30 - 11:30 Caron Fincher Main Studio	BOOTY CLUB FREE 10:00 - 11:00 PT Virtual Studio	BODY ATTACK 10:30 - 11:15 Phoebe Main Studio
	LEGS BUMS TUMS 10:30 - 11:00 PT Main Studio				BABY FIT 11:00 - 12:00 Julie PT Virtual Studio	FITNESS PIYO 10:05 - 11:05 Robbie Millard Main Studio	
Evening	GROUP INDUCTION 17:30 - 17:30 PT Reception	BODY PUMP 17:45 - 18:30 Dorian Wall Main Studio	MASTERCLASS 101 17:00 - 17:30 Jay Savery Reception	BODY PUMP 17:45 - 18:30 Dorian Wall Main Studio	MASTERCLASS 101 13:00 - 13:30 Jay Savery Reception		
	BODY COMBAT 18:00 - 18:45 Phoebe Main Studio	SPIN 18:30 - 19:30 Robin Millard Spin Room	GROUP INDUCTION 17:00 - 17:30 PT Reception	PRO CYCLE 18:30 - 19:15 Reg Swallow Spin Room	BODYBLAST 1000 17:45 - 18:45 PT Main Studio		
	CORE FIT 500 18:00 - 18:30 Carl Class Functional Area	BODY COMBAT 18:40 - 19:25 Dorian Wall Main Studio	BOOTY CLUB £3 18:00 - 19:00 Carl Class Virtual Studio	BODY COMBAT 18:40 - 19:25 Dorian Wall Main Studio	VIRTUAL YOGA 18:45 - 20:00 Virtual Virtual Studio		
	SPIN 18:30 - 19:15 Sue Tate Spin Room		FITNESS PIYO 18:30 - 19:30 Robbie Millard Main Studio	BOOTY CLUB £3 19:00 - 20:00 Carl Class Virtual Studio			
	BOOTY CLUB £3 19:00 - 20:00 Carl Class Main Studio		BODYBLAST 1000 19:35 - 20:20 PT Main Studio	YOGA £3 19:30 - 21:00 Clare Evans Main Studio			
	DEFENCE LAB 19:00 - 20:00 Jay Savery Virtual Studio						

● High Energy
 ● Strength & Conditioning
 ● Holistic

 Induction
 £ Paid for