








# i-Motion Gym Stafford Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
Early Risers	<b>SPIN CLASS</b> 06:30 - 07:15 Caron Spin Studio	<b>COMBAT CONDITIONING</b> 06:30 - 07:15 Jay Gym Functional Area	<b>SPIN CLASS</b> 06:30 - 07:15 Leah Spin Studio	<b>FUNCTIONAL TRAINING</b> 06:30 - 07:15 Amy Gym Functional Area	<b>BODY PUMP</b> 06:30 - 07:15 Leah Studio 1				 High Energy
Daytime	<b>GROUP INDUCTION</b> 09:00 - 09:30 Reception	<b>EXPRESS BODYBLAST</b> 09:00 - 09:30 PT Gym Functional Area	<b>GROUP INDUCTION</b> 09:00 - 09:30 Reception	<b>OLD SCHOOL STEP CLASS</b> 09:30 - 10:30 Caron Studio 1	<b>GROUP INDUCTION</b> 09:00 - 09:30 Reception	<b>GROUP INDUCTION</b> 09:00 - 09:30 Reception	<b>BODY COMBAT</b> 09:30 - 10:15 Dee Studio 1	 Strength & Conditioning	
	<b>SPIN CLASS</b> 10:00 - 10:45 PT Spin Studio	<b>BODY PUMP</b> 09:30 - 10:15 Steph Studio 1	<b>SPIN CLASS</b> 09:30 - 10:15 Demi Spin Studio		<b>SPIN CLASS</b> 09:30 - 10:15 Leah Spin Studio	<b>CORE FIT</b> 09:00 - 09:30 Carl Cl Gym Functional Area	<b>BODY BALANCE</b> 10:30 - 11:30 Phoebe Studio 1	 Holistic	
	<b>BODYBLAST</b> 10:30 - 11:15 PT Gym Functional Area	<b>YOGA HATHA</b> 10:30 - 11:30 Claire E Studio 1	<b>YOGA HATHA</b> 10:00 - 11:30 Sue Mc Studio 1	<b>AB BLAST</b> 10:30 - 11:00 PT Gym Functional Area	<b>AB BLAST</b> 09:45 - 10:15 Caron Studio 1	<b>BODY PUMP</b> 09:00 - 09:45 Dave Studio 1	<b>BOOTY CLUB</b> 09:30 - 10:30 Claire M Studio 2	 Induction	
Evening	<b>GROUP INDUCTION</b> 17:00 - 17:30 Reception	<b>EXPRESS BODYBLAST</b> 12:00 - 12:30 PT Gym Functional Area		<b>EXPRESS BODYBLAST</b> 12:00 - 12:30 PT Gym Functional Area		<b>SPIN CLASS</b> 09:30 - 10:15 Caron Spin Studio	<b>BODY COMBAT</b> 09:55 - 10:40 Dave Studio 1	 Group Exercise	
	<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			 PT Led	
	<b>CORE FIT</b> 18:00 - 18:30 Carl Cl Functional Area	<b>SPIN CLASS</b> 18:30 - 19:15 Daz Spin Studio	<b>BOOTY CLUB</b> 18:15 - 19:00 Carl Cl Studio 1	<b>EXPRESS BODYBLAST</b> 18:30 - 19:00 PT Gym Functional Area	<b>BODY PUMP</b> 18:15 - 19:00 Leah Studio 1			 Paid for	
	<b>SPIN CLASS</b> 18:30 - 19:15 Amy Spin Studio	<b>EXPRESS BODYBLAST</b> 18:30 - 19:00 PT Gym Functional Area	<b>BODY BALANCE</b> 19:15 - 20:00 Phoebe Studio 1	<b>BODY COMBAT</b> 18:40 - 19:25 Dorian Studio 1					
	<b>BOOTY CLUB</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 Demi Spin Studio	<b>BOOTY CLUB</b> 19:00 - 20:00 Carl Cl Studio 2				
	<b>DEFENCE LAB</b> £3 19:00 - 20:00 Jay Studio 2			<b>YOGA ASHTANGA</b> £3 19:35 - 21:05 Claire E Studio 1					

Studio 1

Top Floor Studio

Studio 2

1st Floor Studio

Spin Studio

1st Floor Studio



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