

# i-Motion Gym Rotherham Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	<b>SPIN</b> 06:30 - 07:00 Rachel Cranmer Spin Studio	<b>FAT BURN CIRCUITS</b> 07:00 - 07:45 Rachel Cranmer Studio	<b>SPIN</b> 06:30 - 07:00 Tasha Wilde Spin Studio	<b>THE BOX CIRCUITS</b> 07:00 - 07:45 Rachel Cranmer Functional Area	<b>SPIN</b> 06:30 - 07:00 Tasha Wilde Spin Studio		
	<b>Hiit</b> 07:15 - 08:00 Rachel Cranmer Studio		<b>BODY PUMP LESMILLS</b> 07:15 - 08:00 Tasha Wilde Studio		<b>BOOTCAMP</b> 07:15 - 08:00 Tasha Wilde Studio		
Daytime	<b>SPIN</b> 09:15 - 09:45 Fiona Burkinshaw Spin Studio	<b>SPIN</b> 09:15 - 10:00 Rachel Cranmer Spin Studio	<b>SPIN</b> 09:15 - 10:00 Kelly Walker Spin Studio	<b>LEGS, BUMS &amp; TUMS</b> 09:15 - 10:00 Fiona Burkinshaw Studio	<b>SPIN</b> 09:15 - 09:45 Tasha Wilde Spin Studio	<b>THE BOX CIRCUITS</b> 08:15 - 08:45 Tasha Wilde Functional Area	<b>THE BOX CIRCUITS</b> 09:30 - 10:00 Mike Foster Functional Area
	<b>STRENGTH</b> 10:05 - 10:50 Fiona Burkinshaw Studio	<b>LEGS, BUMS &amp; TUMS</b> 09:15 - 10:00 Fiona Burkinshaw Studio	<b>STEP</b> 09:15 - 10:00 Fiona Burkinshaw Studio	<b>SPIN</b> 09:15 - 10:00 Tasha Wilde Spin Studio	<b>BODY PUMP LESMILLS</b> 09:50 - 10:35 Tim Kellett Studio	<b>BODY PUMP LESMILLS</b> 09:00 - 10:00 Tasha Wilde Studio	<b>SPIN</b> 10:00 - 10:45 Shona Walker Spin Studio
	<b>BODY ATTACK LESMILLS</b> 10:55 - 11:40 Fiona Burkinshaw Studio	<b>AB ATTACK</b> 10:05 - 10:35 Rachel Cranmer Functional Area	<b>BODY PUMP LESMILLS</b> 10:05 - 10:50 Kelly Walker Studio	<b>FIT IN 30</b> 10:15 - 10:45 Rachel Cranmer Studio	<b>AB ATTACK</b> 10:00 - 10:30 Mike Foster Functional Area	<b>POUND</b> 10:05 - 10:50 Felicity Clark Studio	<b>AB ATTACK</b> 11:00 - 11:30 Mike Foster Functional Area
		<b>BODY ATTACK LESMILLS</b> 10:05 - 10:50 Fiona Burkinshaw Studio		<b>POUND</b> 10:15 - 10:45 Felicity Clark Studio	<b>BODY COMBAT LESMILLS</b> 10:40 - 11:25 Tim Kellett Studio	<b>SPIN</b> 10:10 - 10:50 Tasha Wilde Spin Studio	
		<b>PILATES</b> 10:55 - 11:55 Fiona Burkinshaw Studio		<b>PILATES</b> 11:30 - 12:30 Fiona Burkinshaw Studio	<b>LEGS, BUMS &amp; TUMS</b> 11:00 - 11:45 Rachel Cranmer Studio		
Evening	<b>FIT IN 30</b> 17:00 - 17:30 Matt Ardron Studio	<b>BODY BLAST</b> 17:00 - 17:30 Mike Foster Studio	<b>FAT BURN CIRCUITS</b> 17:00 - 17:30 Rachel Cranmer Studio	<b>HIIT</b> 17:00 - 17:30 Matt Ardron Studio	<b>THE BOX CIRCUITS</b> 17:00 - 17:30 Tasha Wilde Functional Area	<b>WOD UP</b> 16:00 - 16:30 Matt Ardron Functional Area	
	<b>SPIN</b> 17:00 - 17:30 Fiona Burkinshaw Spin Studio	<b>LEGS, BUMS &amp; TUMS</b> 17:35 - 18:20 Fiona Burkinshaw Studio	<b>SPIN</b> 17:35 - 18:20 Rachel Cranmer Spin Studio	<b>WOD UP</b> 17:35 - 18:05 Matt Ardron Functional Area	<b>SPIN</b> 17:15 - 18:00 Fiona Burkinshaw Spin Studio		
	<b>STRENGTH</b> 17:35 - 18:20 Fiona Burkinshaw Studio	<b>SPIN</b> 17:45 - 18:15 Tasha Wilde Spin Studio	<b>PILATES</b> 17:35 - 18:20 Fiona Burkinshaw Studio	<b>POUND</b> 17:35 - 18:05 Felicity Clark Studio	<b>BODY ATTACK LESMILLS</b> 18:15 - 19:00 Fiona Burkinshaw Studio		
	<b>SPIN</b> 17:45 - 18:15 Shona Walker Spin Studio	<b>STEP</b> 18:25 - 19:10 Fiona Burkinshaw Studio	<b>BODY COMBAT LESMILLS</b> 18:25 - 19:10 Tim Kellett Studio	<b>SPIN</b> 17:45 - 18:15 Fiona Burkinshaw Spin Studio			
	<b>BODY ATTACK LESMILLS</b> 18:25 - 19:25 Fiona Burkinshaw Studio	<b>THE BOX CIRCUITS</b> 18:30 - 19:00 Matt Ardron Functional Area	<b>AB ATTACK</b> 18:30 - 19:00 Rachel Cranmer Functional Area	<b>BODY PUMP LESMILLS</b> 18:15 - 19:15 Tasha Wilde Studio			
	<b>AB ATTACK</b> 18:30 - 19:00 Mike Foster Functional Area	<b>YOGA (HATHA)</b> 19:15 - 20:15 Tim Kellett Studio	<b>SPIN</b> 18:30 - 19:15 Fiona Burkinshaw Spin Studio	<b>SPIN</b> 18:30 - 19:00 Fiona Burkinshaw Spin Studio			
	<b>PILATES</b> 19:30 - 20:30 Fiona Burkinshaw Studio		<b>BODY PUMP LESMILLS</b> 19:15 - 20:00 Tim Kellett Studio				

 High Energy
  Strength & Conditioning
  Holistic

 Induction
  Paid for