

ROKO Nottingham - Aerobics and Group Exercise Timetable

Monday

07.00-07.45	BodyATTACK(Katherine)	All	1	(C)	
09.35-10.15	Step To It (Sally)	All	2	(C/T)	✓
09.45-10.45	Pilates (Jeanette)	All	1	(T)	✓
09.45-10.30	Spin (Sue)	All	Spin	(C)	✓
10.20-11.10	Swiss Ball (Sally)	All	2	(T)	✓
11.15-11.45	Low Intensity Spin (Sue)	All	Spin	(C)	✓
10.45-11.30	BodyPUMP (Jess)	All	1	(T)	✓
14.00-14.45	Aqua (Catriona)	All	Pool	(C/T)	
17.45-18.45	BodyCOMBAT (Helen)	All	2	(C/T)	
18.00-19.00	BodyATTACK (Jackie C)	All	1	(C)	
18.15-19.00	Spin (Sophie)	All	Spin	(C)	
18.30-19.30	Tri Club(Tim)	All	Pool		
19.15-20.00	Interval Spin(Tim)	All	Spin	(C)	
18.45-19.30	BTT (Anne – Marie)	All	2	(T)	
19.30-20.15	Swiss Ball (Vicky G)	All	2	(T)	
19.15-20.15	BodyPUMP (Bridgette)	All	1	(T)	

Tuesday

07.00-07.45	SCHWINN Cycling (Jessica)	All	Spin	(C)	
09.35-10.30	Pilates (Jo)	All	2	(T)	✓
09.45-10.30	Spin (Mark)	All	Spin	(C)	✓
09.45-10.30	Aerobics -Freestyle (Catriona)	All	1	(C)	✓
10.35-11.20	BTT (Catriona)	All	1	(T)	✓
17.40-18.40	Circuit Training (Bridgette)	All	1	(C/T)	
18.00-18.45	Freestyle Aerobics (Fesa)	All	2	(C)	
18.45-19.30	Freestyle Step(Sheila)	All	1	(C)	
18.45-19.30	BodyBALANCE (Bridgette)	All	2 (No relaxation)	(T)	
18.15-19.00	Spin (Jakki)	Int	Spin	(C)	
19.00-19.45	Crew (James)	All	Rowers	(C)	
19.00-19.45	Aqua (Jakki)	All	Pool	(C/T)	
19.35-20.20	BodyPUMP (Sheila)	All	1	(T)	
19.30-20.45	Hatha Yoga (Mary)	All	2	(T)	

Wednesday

07.00-07.45	BodyCOMBAT (Victoria)	All	2	(C/T)	
09.35-10.30	BodyATTACK (Katherine)	All	1	(C)	✓
09.40-10.40	BodyBALANCE (Jackie C)	All	2	(T)	✓
09.45-10.30	Spin (Helen)	All	Spin	(C)	✓
10.35-11.30	BodyPUMP (Katherine)	All	1	(T)	✓
10.45-11.30	BTT (Jackie C)	All	2	(T)	✓
14.00-14.45	Aqua (Jakki)	All	Pool	(C/T)	
18.00-19.00	BodyPUMP (Rachel)	All	1	(T)	
18.00-19.00	ROKO Runners (Julian)	Int &Adv	Reception	(C)	
18.00-18.45	Swiss Ball (Mark)	All	2	(T)	
18.15	ROKO Riders(Matt & Sue)	All	Reception	(C)	
18.15-19.00	Interval Spin (Jakki)	All	Spin	(C)	
19.00-20.00	BodyATTACK (Rachel)	All	1	(C)	

Thursday

07.00-07.45	BodyBALANCE (Jackie C)	All	2 (No relaxation)	(T)	
09.35-10.30	Yoga(Julie)	All	2	(T)	✓
09.45-10.30	Aerobics Freestyle(Bernie)	All	1	(C)	✓
09.35-10.35	ROKO Runners (Julian)	All	Reception	(C)	✓
10.15-11.00	Spin (Sue)	All	Spin	(C)	✓
10.35-11.20	BTT (Bernie)	All	1	(T)	✓
17.45-18.45	BodyBALANCE(Jackie C/Jess)All	2		(T)	
18.00-19.00	BodyCOMBAT (Victoria)	All	1	(C/T)	
18.15-18.45	ABSOLUTE Beginners Spin (Gil)	Spin		(C)	
18.45-19.30	Aerobotone! (Helen)	All	2	(C/T)	
19.00-19.45	Spin (Gil)	Int	Spin	(C)	
19.30-20.30	Pilates (Fiona)	All	2	(T)	
19.15-20.15	BodyPUMP (Bridgette)	All	1	(T)	

Friday

07.00-07.45	BodyPUMP (Victoria)	All	1	(T)	
09.35-10.35	BodyATTACK (Jackie C)	All	1	(C)	✓
09.35-10.35	Pilates (Jeanette)	All	2	(T)	✓
10.00-10.45	Endurance/Int Spin(Katherine)	All	Spin	(C)	✓
10.45-11.30	Aqua (Jackie C)	All	Pool	(C/T)	✓
17.45-18.30	BodyATTACK (Sophie)	All	1	(C)	
18.00-18.45	Schwinn Cycling (Jessica)	All	Spin	(C)	
18.30-20.00	Sport Kobudo (Paul)	All	1		

Saturday

09.35-10.30	BodyATTACK (Katherine)	All	1	(C)	✓
10.35-11.30	BodyPUMP (Katherine)	All	1	(T)	✓
10.35-11.30	Aerobotone (Vicky G)	All	2	(C/T)	✓
11.45-12.30	Spin (Gil)	All	Spin	(C)	

Sunday

09.35-10.35	Advanced Spin (Sophie)	Int	Spin	(C)	
09.45-10.45	BodyBALANCE (Jess)	All	1	(T)	
10.00-10.45	Step (Sara)	All	2	(C)	
10.45-11.30	BTT (Sara)	All	2	(C/T)	
11.00-12.00	BodyPUMP (Helen/Jess)	All	1	(T)	
17.00-17.45	Aqua (Giles/Helen)	All	Pool	(C/T)	
18.00-18.45	Spin (Gil)	All	Spin	(C)	

ADDITIONAL INFORMATION:

C = cardio based class designed to increase fitness levels and burn calories.
T = class is based on shaping, strengthening and toning

Please note:

- ✓ **Classes listed as 'suitable for All' are fully optioned throughout to cater for all fitness levels.**
- ✓ **Regular running courses for beginners are held throughout the year, please see notice boards for details.**
- ✓ **ROKO operates a revised timetable on Bank Holidays, please see the notices for further information.**
- ✓ **Could all members please ensure that the cardio boxes are switched off when finished with. This will increase the life span of usage.**
- ✓ **If you are unable to attend a spin class which you have previously booked please ensure that you contact the club to cancel.**

AEROBICS(Freestyle) A classic tried and tested way to get fit and tone up. Develop your coordination with innovative choreography and funky music in this fun, effective class.

AEROBOTONE A combination of aerobics and step routines designed for ALL abilities to increase your fitness levels and tone up.

AQUA An impact free session to music, taking place in the pool. It provides strength & cardiovascular training using water as resistance. Suitable for all levels and non swimmers.

BODYATTACK! A high intensity group fitness class fully optioned to cater for all levels. Experience high energy moves for cardiovascular fitness along with upper and lower body conditioning exercises for building strength! It's simple, it's effective, guaranteed to increase your fitness levels!

BODYBALANCE Suitable for all levels, BodyBalance combines Yoga, Pilates and Tai Chi moves into a workout that will leave you feeling long, strong, centred and calm. A fitness class to enhance both your physical and mental well-being.

BODYCOMBAT A non-contact, martial arts based fitness class with moves drawn from karate, tae kwan do, kung fu, kickboxing, Muay Thai and t'ai chi. Providing an exhilarating exercise experience that delivers ultra fast fitness results.

BODYPUMP

The ultimate resistance training programme to powerful, motivating music. Focusing on high repetitions to speed up metabolism for rapid fat burning and to increase strength/tone in all muscle groups. An absolute must for all abilities and both men and women!

BTT (Bums, Tums & Thighs)

A wide range of conditioning exercises both with and without additional equipment. Targeting those stubborn areas from the waist down. No high impact or choreography to consider, just pure toning

CIRCUIT TRAINING

A station based class incorporating both cardio and strength exercises. NO FANCY FOOTWORK! JUST PURE SWEAT!

CREW

A rowing class to music without getting wet! Listen to the flowing music as you row in this group exercise class to enhance your fitness levels. Limited spaces available, so booking will apply.

DANCE-a-SIZE

A low impact freestyle aerobic class incorporating dance moves, suitable for all. Salsa, jive, Hip Hop your way to improving your coordination and fitness levels!

PILATES

This Mind/Body approach will leave you feeling taller, stronger and invigorated! The focus is on good posture, developing core-stabilization & all over body strength. Suitable for all levels!

ROKO RIDERS

Get your racing bike out and take to the streets with our riding club. Two options to choose from: beginners at a more leisurely Pace or, for the more serious riders, an advanced group with a more competitive feel. Meet outside the club at 6pm to leave at 6.15pm. See Notice Boards for start dates!

SCHWINN CYCLING

Schwinn has officially arrived, here at ROKO. Focusing more on re-creating the outdoor ride experience, Schwinn focuses on training principles and cadence as we control the heart rate. Stimulating, invigorating and challenging!!

SPIN

Join us for the ride of your life! Watch your fitness levels soar as we take you through varying, challenging terrains in this instructor-led, non impact cardiovascular class on fixed wheel bikes.

INTERVAL SPIN

Again, on the fixed wheel bikes but the focus is on short bursts of high intensity with short periods of recovery. The ultimate way to achieve those higher fitness levels. Come and join the fun!

ABSOLUTE**BEGINNERS SPIN**

As the name suggests-a spin class purely for beginners. Thirty minutes to go through bike set up and techniques and then a short session to gradually build your fitness level and confidence to enter the bigger world of spin! Beware, once you try spin....you'll be hooked!

SPORT KOBUDO

The latest in martial arts and semi-contact sports. Use punches, kicks, grapples and a variety of weaponry in a unique total body workout!

STEP

A fun class incorporating choreography on & around a Step. Fantastic workout for the lower body that's also lots of fun!!

SWISS BALL

A safe, effective class focusing on "inner core Strength" as you condition the rest of the body. Use the Swiss Ball in different ways to achieve the ultimate results in strength & body shaping.

YOGA

This ancient art form focuses on flexibility, balance & inner poise. Gently move from one pose to another as you feel your body lengthen from within.

ROKO OPENING TIMES:

MON-THURS	06.30-23.00hrs
FRI	06.30-22.00hrs
SAT	08.00-19.00hrs
SUN	08.00-21.00hrs

PLEASE BE AWARE THAT:

✓ **THE FACILITIES ACTUALLY CLOSE THIRTY MINUTES BEFORE THE CLUB CLOSURE TO ALLOW TIME FOR YOU TO SHOWER.**