

livestream group exercise timetable

During the 3rd National Lockdown

MONDAY

Time	Class	Streamed From
09.30-10.30	Pilates	Chiswick
10.45-11.45	Zumba	Chiswick
17.00-18.00	Yoga	Chiswick

TUESDAY

Time	Class	Streamed From
08.45-09.45	Pilates	Gillingham
10.45-11.45	Tai Chi	Portsmouth
17.45-18.45	BodyBalance	York
19.00-20.00	Stretch	York

WEDNESDAY

Time	Class	Streamed From
08.45-09.30	Aerobics	Chiswick
09.45-10.30	BodyAttack	Chiswick
10.45-11.45	Yoga	Chiswick
17.30-18.30	Body Conditioning	Chiswick

THURSDAY

Time	Class	Streamed From
09.00-10.00	Tai Chi	Portsmouth
09.30-10.15	Insanity	Chiswick
10.45-11.45	Yoga	Chiswick

FRIDAY

Time	Class	Streamed From
09.30-10.30	BodyBalance	York
10.45-11.45	Yoga	Chiswick
12.00-13.00	Stretch	York

SATURDAY

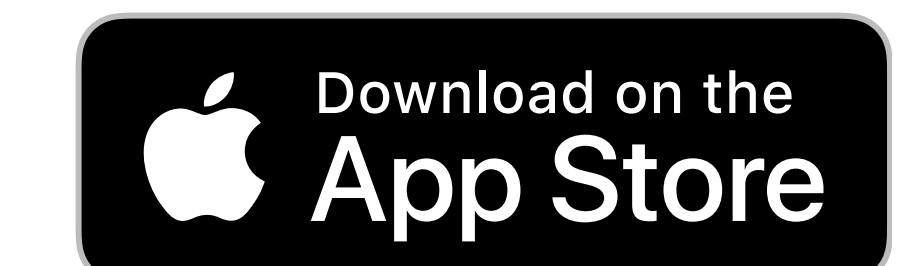
Time	Class	Streamed From
09.00-10.00	Pilates	Chiswick
10.15-11.15	BodyAttack	Chiswick
11.30-12.30	Body Conditioning	Chiswick

SUNDAY

Time	Class	Streamed From
09.30-10.15	Insanity	Chiswick
10.45-11.45	Yoga	Chiswick
12.00-13.00	Stretch	Chiswick

book & access livestreamed classes via the roko app

Turn your camera on & point it at the code to download the app



attending a livestreamed class

What is Livestreaming?

Livestreaming is a live video and audio feed of a class happening in a Roko club. During lockdown, Roko instructors will come into club to lead some of their regular classes in an empty studio while members participate from home.

Why aren't all classes Livestreamed?

Mainly because of equipment issues where we don't believe members will have what they need for the style of class.

How Do I Access A Livestreamed Class?

Livestreamed classes are streamed via Zoom. To access the class you must book it first via the Roko app then you use the link provided in your booking to join the class. Aim to join the class online at least 5 minutes before it is due to start. Once the class starts you won't be admitted.

For More Information On Accessing Livestreamed Classes Please [Click Here](#)