

livestream group exercise timetable

for 2nd national lockdown 5th November - 1st December 2020

MONDAY

Time	Class	Streamed From	Instructor
08.00-08.30	Hiit / Grit	Gillingham	Yiota
08.45-09.45	Yoga	Gillingham	Sarah
10.00-11.00	Pilates	Gillingham	Sarah
11.15-11.45	Hiit / Grit	Gillingham	Clinton
12.00-13.00	Stretch	Gillingham	Cara
17.15-18.15	BodyBalance	Nottingham	Jade
18.30-19.00	circ-x	Nottingham	Thomas
19.15-20.15	Yoga	Nottingham	Jade

TUESDAY

Time	Class	Streamed From	Instructor
08.45-09.45	Pilates	Gillingham	Paul
10.00-11.00	Zumba	Gillingham	Mark
11.15-11.45	Hiit / Grit	Gillingham	Adam
12.00-13.00	BodyCombat	Gillingham	Adam
17.00-18.00	Yoga	Nottingham	Mary
18.15-19.15	BodyBalance	Nottingham	Jackie C
19.30-20.30	Pilates	Nottingham	Jackie C

WEDNESDAY

Time	Class	Streamed From	Instructor
08.00-08.30	Hiit	Chiswick	Mari
08.45-09.30	Aerobics	Chiswick	Ayesha
09.45-10.45	Yoga	Chiswick	Daphne
11.00-11.45	BodyAttack	Chiswick	Mari
12.00-13.00	Pilates	Chiswick	Mariam
16.30-17.30	BodyBalance	Nottingham	Jade
17.45-18.45	Yoga	Nottingham	Yeshim
19.00-20.00	Pilates	Nottingham	Alex

THURSDAY

Time	Class	Streamed From	Instructor
09.30-10.15	Insanity	Chiswick	Christina
10.45-11.45	Stretch	Chiswick	Sophie
12.00-13.00	Pilates	Chiswick	Pamela
15.45-16.45	Yoga	Gillingham	Sarah
17.00-18.00	LBT	Gillingham	Sarah
18.15-19.15	Yoga	Gillingham	Sarah
19.30-20.00	Hiit / Grit	Gillingham	Adam

FRIDAY

Time	Class	Streamed From	Instructor
09.30-10.30	BodyConditioning	Chiswick	Tara
10.45-11.45	Yoga	Chiswick	Natalie
12.00-13.00	Pilates	Chiswick	Vanessa
14.30-15.30	Yoga	Gillingham	Steve
15.45-16.45	Yoga	Gillingham	Steve
17.30-18.00	Hiit / Grit	Gillingham	Clinton
18.15-19.15	BodyCombat	Gillingham	Clinton

SATURDAY

Time	Class	Streamed From	Instructor
08.15-08.45	Wake Up Flow	Chiswick	Pamela
09.00-10.00	Pilates	Chiswick	Pamela
10.15-11.15	BodyAttack	Chiswick	Mari
11.30-12.30	LBT	Chiswick	Tara

SUNDAY

Time	Class	Streamed From	Instructor
08.30-09.00	Hiit / Grit	Gillingham	Yiota
09.15-10.15	Yoga	Gillingham	Kim
10.30-11.30	Pilates	Gillingham	Kim
11.45-12.15	Hiit / Grit	Gillingham	Clinton

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](#)

class descriptions

Aerobics

High intensity, choreographed, total body workout to music. Good old fashioned aerobics!

BodyAttack

Fast-paced, sport-based, high energy workouts. Burn calories FAST and give your fitness a boost!

BodyBalance

combines the fundamental principles & practices of Yoga, Pilates and Tai Chi that will leave you feeling relaxed and renewed.

BodyCombat

Fighting fit! Combines kicks, punches & stances developed from a range of Martial Arts disciplines including Karate, Kickboxing, Capoeira & Tae Kwon do.

Body Conditioning

Get an aerobic workout with plenty of muscular toning with a wide range of conditioning exercises for a whole body workout.

Circ-x

Circuit based interval training combining strength and endurance exercises, giving the benefits of both a cardiovascular and strength training workout. Half hour class combining HiiT and functional training for all ages and abilities.

HiiT / Grit

This 30 minute high intensity interval training programme brings the power of personal training with explosive music to help you to build strength, lean muscle and burn fat.

Insanity

Work flat out in 3 to 5 minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits – so your body has to adapt. Everything you need to get into the best shape of your life.

LBT

LEGS, BUMS & TUMS (LBT) is a wide range of conditioning exercises aimed specifically at muscle toning and shaping of the lower body.

Pilates

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

Stretch

This class is designed to lengthen and strengthen the entire body.

Wake Up Flow

A gentle Yoga session designed to invigorate and energise in preparation for the day ahead.

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.

Zumba

Are you ready to party yourself into shape? This dance based workout is one of a kind that will get you burning calories whilst having a party!