

Chiswick Group Exercise Timetable

from September 2019



MONDAY				Wednesday				Friday			
06:45 - 07:30	Indoor Cycle	Spin Studio	Hazel	06:45 - 07:45	Body Pump	Energise	Mari	06:45 - 07:30	Indoor Cycle NEW	Spin Studio	Hazel
09:30 - 10:30	Pilates	Mind & Body	Ava	08:00 - 08:30	Body-X	Gym floor	Fit Coach	07:30 - 08:00	Xpress Circuits	Energise	Fit Coach
09:30 - 10:30	Step Conditioning	Energise	Hugo	09:30 - 10:30	Legs, Bums & Tums	Mind & Body	Hugo	09:30 - 10:30	Cardio Blast	Energise	Vanessa
09:30 - 10:30	Indoor Cycle NEW	Spin Studio	Lana	09:45 - 10:30	Aerobics	Energise	Ayesha	09:30 - 10:15	Indoor Cycle	Spin Studio	Ka-Mun
10:30 - 11:30	Pilates	Mind & Body	Ava	09:45 - 10:30	Indoor Cycle	Spin Studio	Ka-Mun	09:30 - 10:45	Yoga (Flow)	Mind & Body	Natalie
10:35 - 11:35	Body Pump NEW	Energise	Lana	10:30 - 11:30	Jump Fit	Energise	Hugo	10:30 - 11:30	Legs Bums Tums	Energise	Hugo
11:30 - 12:15	Aqua	Pool	Ayesha	10:30 - 11:15	Stretch & Relax	Mind & Body	Ayesha	11:00 - 11:45	Aqua	Pool	Ava
11:30 - 12:30	Pilates NEW	Mind & Body	Ava	11:45 - 12:45	Thai-Chi	Energise	Noel	11:00 - 12:00	Pilates	Mind & Body	Vanessa
11:45 - 12:45	Zumba NEW	Energise	Hugo	11:00 - 11:45	Aqua	Pool	Ava	11:30 - 12:00	Body-X	Gym Floor	Fit Coach
12:00 - 12:30	Body-X	Gym Floor	Fit Coach	11:45 - 12:45	Pilates	Mind & Body	Charlotte	12:00 - 13:00	Pilates	Mind & Body	Vanessa
12:30 - 13:30	Thai-Chi NEW	Mind & Body	Noel	18:00 - 18:30	Core-X	Gym floor	Fit Coach	13:30 - 14:00	Core-X	Gym Floor	Fit Coach
12:45-12:45	Barre NEW	Energise	Sophie	18:30 - 19:30	Step Conditioning	Energise	Hugo	Saturday			
18:15 - 19:15	Body Conditioning	Energise	Hugo	18:45 - 19:30	Indoor Cycle	Spin Studio	Lana	09:00 - 10:00	Pilates	Mind & Body	Vicky
18:30 - 19:00	Core-X	Gym Floor	Fit Coach	19:00 - 19:45	Aqua	Pool	Susan	09:00 - 10:00	Indoor Cycle	Spin Studio	Tara
18:45 - 19:30	Indoor Cycle	Spin Studio	Lawrence	19:30 - 20:30	Body Pump	Energise	Lana	09:45 - 10:45	Body attack	Energise	Adeola
19:00 - 20:00	Pilates	Mind & Body	Jessica	19:30 - 21:00	Yoga (Hatha)	Mind & Body	Sarah L	10:00 - 11:00	Indoor Cycle	Spin Studio	Tara
19:15 - 20:15	Body Attack	Energise	Emma	Thursday				10:00 - 11:30	Yoga	Mind & Body	Sarah L
Tuesday				09:30 - 10:15	Insanity	Energise	Salvatore	10:15 - 11:00	Aqua	Pool	Susan
06:45 - 07:15	Body-X	Gym Floor	Fit Coach	09:30 - 10:15	Stretch NEW	Mind & Body	Sophie	11:00 - 12:00	Body Pump	Energise	Tara
09:30 - 10:30	Boxercise	Energise	Noel	10:00 - 11:00	Indoor Cycle	Spin Studio	Tara	11:45 - 12:45	Pilates	Mind & Body	Vanessa
09:30 - 10:15	Indoor Cycle	Spin Studio	Ka-Mun	10:15 - 11:15	Zumba	Energise	Sophie	12:00 - 12:30	Core-X.	Gym Floor	Fit Coach
09:30 - 10:45	Yoga (Slow Hatha)	Mind & Body	Daphne	10:30 - 11:45	Yoga (Dynamic Hatha)	Mind & Body	Christina	13:00 - 13:30	Body-X. FAMILY CLASS!	Gym Floor	Fit Coach
10:30 - 11:30	Zumba	Energise	Tiffany	11:15 - 12:15	Body Pump	Energise	Tara	SUNDAY			
10:45 - 12:15	Yoga (Sivanada)	Mind & Body	Christina	11:30 - 12:00	Body-X	Gym Floor	Fit coach	09:00 - 10:00	Pilates	Mind & Body	Vicky
11:30 - 12:00	Core-X	Gym Floor	Fit Coach	17:45 - 18:15	Core-X	Gym Floor	Fit coach	09:30 - 10:15	Insanity	Energise	Sal & Chrissie
18:00 - 18:30	Body-X	Gym Floor	Fit Coach	18:30 - 19:15	Boot Camp	Energise	Jack	10:00 - 11:00	Indoor Cycle	Spin Studio	Ivo
18:30 - 19:30	Body Pump	Energise	Mike	19:00 - 19:45	Indoor Cycle	Spin Studio	Andrew	10:15 - 11:45	Yoga (Vinyasa Flow)	Mind & Body	Anil
19:15 - 20:30	Yoga (hatha)	Mind & Body	Mariam	19:00-20:00	Pilates NEW	Mind & Body	Sophie	10:15 - 11:15	Zumba NEW	Energise	Jack
19:30 - 20:30	Indoor Cycle	Spin Studio	Lana					10:30 - 11:15	Aqua	Pool	Susan
								13:30 - 14:00	Core-X. FAMILY CLASS!	Gym Floor	Fit Coach
								15:00 - 16:00	Step Conditioning	Energise	Sphinx
								16:00 - 17:00	Body Pump	Energise	Sphinx

General Information

- > All classes should be booked through the Roko app or via reception up to 1 week in advance
- > PLEASE CANCEL IF YOU CANNOT ATTEND. Cancelling will give other members who are on waiting lists the opportunity to attend the class.
- > Indoor Cycle, BodyPump and Jump Fit may be oversubscribed and should be booked to guarantee a place. There is a waiting list in place for these classes.
- > For all classes, please arrive at least 5 minutes prior to the start time.
- > Take a towel and water bottle but please leave phones, bags & coats in lockers.
- > Classes are available for members ages 16 and above, unless stated otherwise.
- > Please inform the instructor of any injuries, medical problems, high blood pressure or pregnancy prior to the class commencing.
- > Roko operates on a revised timetable on Bank Holidays; see notices for information.
- > **Family Classes available for children 12+ to take part in, must be accompanied by an adult.**
- > Family Swim times; Tuesday, Thursday & Friday: 15:00 - 18:00. Saturday & Sunday: 13:00 - 18:00



<p>Aerobics High intensity aerobics workout guaranteed to Burn calories and improve fitness levels</p>	<p>Circuits/ Express Circuits CIRCUITS- providing a highly specialized workout in 45 minutes or Xpress Circuits in just 30 min! Our program allows you to increase your lean muscle tissue, which increases muscle tone, by increasing your metabolism, burns fat and aids in weight loss in just 30 min!</p>	<p>Thai-Chi Slow moving upper and lower body exercises linked together with deep breathing designed to bring balance and harmony to your mind body and spirit. Improves Breathing / Focus /Concentration / Control / Posture awareness / Blood Circulation Stress Relief / Inner Peace and Relaxation.</p>
<p>Aqua An excellent method of exercise which improves the fitness of your heart and lungs, tones the body and reduces fat. Many people prefer to exercise in water as it keeps you cool, is kinder to joints such as knees and ankles The shallow water enables non-swimmers to exercise in swimming pools.</p>	<p>Cardio Blast A wide range of conditioning exercises for a whole body workout. Get an aerobic workout with plenty of muscular toning and that important cardio workout. High energy, great fun!</p>	<p>Yoga The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. Yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life.</p>
<p>BodyAttack™ A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. With energizing tunes you can burn up to 730 calories.</p>	<p>Core-X Body weight and weighted exercises are included to work the all-important core and to strengthen stabilizing muscle groups.</p>	<p>ZUMBA®- Takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are perfect for everybody.</p>
<p>Body/ Step Conditioning. Get an aerobic workout with plenty of muscular toning with a wide range of conditioning exercises for a whole body workout. Step is great for toning the lower body, increased cardio fitness and coordination and upper and lower body conditioning for functional strength followed by a whole body workout.</p>	<p>Indoor Cycle. The original and most popular group cycling class. And it’s not just because Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, top-notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun.</p>	
<p>BodyPump™- For anyone looking to get lean, toned and fit – fast Using light to moderate weights with lots of repetitions for a total body workout you can burn up to 590 calories. Designed with scientifically proven moves and techniques for a challenging and motivating class that leaves you ready to come back for more.</p>	<p>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.</p>	
<p>Body-X Weight bearing circuits. This class is designed to push you to your cardiovascular and muscular endurance limit using mainly bodyweight.</p>	<p>Jump Fit Incredible cardio core class, the most exciting class of the moment, no gravity, no limits (don’t be scared there’s no jumping in the air). A great non-gravity workout, with exciting moves &music. It’s a total feel good class. We challenge you to jump on a trampoline & not smile...impossible.</p>	
<p>Boxercise. BOXERCISE- the best stress buster around - is one of the most effective forms of cross-training available today. It combines use of both aerobic and anaerobic energy systems with the systematic recruitment of both fast and slow twitch muscle fibers in a manner that not only ensures a diverse workout, but also enhances sports specific senses, including hand-eye co-ordination, balance and timing.</p>	<p>Pilates Concentrates on body posture and awareness – the exercises are designed to strengthen and tone through movement and will improve mobility and flexibility. Note if you have never done Pilates before it is essential you complete a beginner’s course before being able to attend a general class.</p>	