

Chiswick Group Exercise Timetable

from 22nd November 2021



Monday

06:45-07:30	Cyclone (<i>Spin</i>)	Spin Studio	Hazel
07:30-08:00	HIIT	Gym Floor	Gym Team
09:30-10:30	Pilates	Mind & Body	Ava
09:45-10:30	Cyclone (<i>Spin</i>)	Spin Studio	Lana
10:45-11:45	Pilates	Mind & Body	Ava
10:45-11:45	Body Pump	Energise	Mari
12:15-13:00	Aqua	Pool	Ayesha
12:30-13:00	Circuit-X	Gym Floor	Gym Team
13:15-14:00	Body Conditioning	Energise	Ayesha
14:05-14:50	Stretch	Energise	Ayesha
17:00-18:00	Yoga	Mind & Body	Mariam
18:30-19:00	Core-X	Gym Floor	Gym Team
18:10-19:10	Body Conditioning	Energise	Hugo
18:30-19:15	Cyclone (<i>Spin</i>)	Spin Studio	Lana
19:15-19:45	Circuit-X	Gym Floor	Gym Team
19:30-20:30	Body Pump	Energise	Lana

Tuesday

07:30-08:00	Circuit-X	Gym Floor	Gym Team
08:30-09:30	Pilates	Mind & Body	Pamela
09:30-10:15	Cyclone (<i>Spin</i>)	Spin Studio	Ka Mun
09:45-10:45	Yoga	Mind & Body	Daphne
10:30-11:30	Zumba	Energise	Tiffany
12:00-13:00	Pilates	Mind & Body	Lana
12:00-12:30	Core-X	Gym Floor	Gym Team
17:30-18:15	Zumba Toning	Energise	Maria
18:15-19:15	Body Pump	Energise	Mike
19:00-19:30	HIIT	Gym Floor	Gym Team
19:00-20:00	Yoga	Mind & Body	Mariam
19:30-20:15	Cyclone (<i>Spin</i>)	Spin Studio	Mike

Wednesday

6:45-07:30	Cyclone (<i>spin</i>)	Spin Studio	Hazel
06:45-07:20	Circuit-X	Gym Floor	Gym Team
08:00-08:30	Circuit-X	Gym Floor	Gym Team
08:45-09:30	Aerobics	Energise	Ayesha
09:45-10:30	Cyclone (<i>Spin</i>)	Spin Studio	Tara
10:30-11:15	Aqua	Pool	Carl
10:30-11:30	Zumba	Energise	Tiffany
11:00-12:00	Yoga	Mind & Body	Louise
12:00-13:00	Tai Chi	Energise	Noel
18:00-18:30	HIIT	Gym Floor	Gym Team
18:10-19:10	Step Conditioning	Energise	Hugo
18:15-19:00	Cyclone (<i>Spin</i>)	Spin Studio	Lana
19:00-19:30	Body X	Gym Floor	Gym Team
19:00-19:45	Aqua	Pool	Susan
19:15-20:15	Yoga	Mind & Body	Sarah
19:15-20:15	Body Pump	Energise	Lana

Thursday

06:45-07:20	Circuit-X	Gym Floor	Gym team
09:30-10:15	Insanity	Energise	Christina
09:30-10:15	Cyclone (<i>Spin</i>)	Spin Studio	Tara
10:30-11:30	Body Pump	Energise	Tara
11:00-12:00	Yoga	Mind & Body	Christina
12:00-12:30	Core-X	Gym Floor	Gym Team
18:00-18:30	Body-X	Gym Floor	Gym Team
18:00-19:00	Yoga	Mind & Body	Louise
18:15-19:00	Zumba	Energise	Maria
19:15-20:15	Pilates	Mind & Body	Lana

Friday

09:00-09:30	Circuit-X	Gym Floor	Gym Team
09:30-10:15	Cyclone (<i>Spin</i>)	Spin Studio	Ivo
09:30-10:30	Body Conditioning	Energise	Tara
09:45-10:45	Yoga Flow	Mind & Body	Natalie
10:30-11:15	Aqua	Pool	Ivo
10:40-11:30	Barre	Energise	Tara
11:00-11:45	Slow Yoga/Stretch	Mind & Body	Natalie
11:45-12:45	Tai Chi	Energise	Noel
12:00-13:00	Pilates	Mind & Body	Vanessa
12:30-13:00	Core-X	Gym Floor	Gym Team

Saturday

09:15-10:00	Insanity	Energise	Christina
09:15-10:15	Cyclone (<i>Spin</i>)	Spin Studio	Tara
09:30-10:30	Pilates	Mind & Body	Pamela
10:00-10:30	Circuit X	Gym Floor	Gym Team
10:15-11:15	Body Attack	Energise	Mari
10:30-11:30	Cyclone (<i>Spin</i>)	Spin Studio	Tara
10:45-11:45	Yoga	Mind & Body	Sarah
11:15-11:45	Core-X	Gym Floor	Gym Team
12:00-13:00	Pilates	Mind & Body	Vanessa
13:30-14:00	Family Fit	Gym Floor	Gym Team

Sunday

08:45-09:45	Cyclone (<i>Spin</i>)	Spin Studio	Ivo
09:30-10:15	Insanity	Energise	Christina
10:00-11:00	Yoga	Mind & Body	Daphne
10:15-11:00	Aqua	Pool	Susan
10:30-11:30	Body Pump	Energise	Tara
11:15-11:45	Body-X	Gym Floor	Gym Team
12:00-12:45	Stretch	Mind & Body	Ayesha
13:00-14:00	Family Fit	Gym Floor	Gym Team

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.
- > For all classes, please arrive at least 5 minutes prior to the start time.
- > Classes are available for members ages 16 and above.
- > 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.

