



**roko**  
HEALTH CLUBS

# Roko Gillingham Group exercise timetable

Nov 2021 – Jan 2022

**BODYATTACK™**

**MONDAY**

08.00-08.30	Body x	Gym
09.30-10.15	Roko Ride	Studio 3
09.30-10.30	LBT	Studio 2
09.30-10.30	Body Pump	Studio 1
10.40-11.25	Aqua	Pool
10.45-11.45	Body Balance	Studio 2
11.00-12.00	Super Sixties	Studio 1
12.00-13.00	Compound Class	Gym Floor
12.00-13.00	Stretch & Core	Studio 2
17.30-18.30	LBT	Studio 2
18.00-19.00	Body Pump	Studio 1
18.00-18.30	HIIT X	Gym Floor
19.15-20.00	Roko Ride	Studio 3
19.45-20.45	Yoga	Studio 2

**TUESDAY**

07.15-08.00	Roko Ride	Studio 3
08.45-09.45	Pilates	Studio 2
09.30-10.15	Combat	Studio 1
10.30-11.15	Body Pump	Studio 1
10.45-11.45	Zumba	Studio 2
11.30- 12.15	Stretch & Core	Studio `1
11.00-12.00	Compound Class	Gym Floor
12.15.13.15	Pilates	Studio 2
17.00-17.45	Family Circuits	Studio 2
18.00-18.30	Grit Cardio	Studio 1
19.45-18.45	Body Combat	Studio 1
19.45-20.45	Pilates	Studio 2
19.30-20.15	Lean Body Tabata	Studio 1

**WEDNESDAY**

06.45-07.15	Grit Strength	Studio 1
07.30-08.15	Roko Ride	Studio 3
09.00-09.45	Lean Body Tabata	Studio 1
09.30-10.15	Aqua	Pool
10.00-10.45	Attack Express	Studio 2
10.00-10.30	Sprint 8	Studio 3
10.30-11.15	Aqua	Pool
11.00-11.55	Super Sixties	Studio 2
11.00- 12.00	Body Pump	Studio 1
11.30-12.15	Trigger Point	Studio 4
13.15-14.15	Pilates	Studio 2
17.00-17.45	Zumba	Studio 2
18.00-19.00	Body Combat	Studio 1
18.00-19.00	Combat	Studio 1
18.30-19.30	Yoga	Studio 2
18.30-19.15	Roko Ride	Studio 3
19.15-19.45	Grit Strength	Studio 1

**THURSDAY**

9.00-09.30	Body X	Gym
9.00-10.00	Yoga	Studio 1
09.30-10.30	Body Pump	Studio 1
10.45-11.45	Combat	Studio 1
12.00-13.00	Over 50 plus	Studio 2
13.00-13.45	Lean Body Tabata	Studio 1
13.30-14.30	Pilates	Studio 2
13.30-14.15	Aqua	Pool
14.30-15.15	Aqua	Pool,
16.00-16.45	Trigger Point	Studio 2
17.00-18.00	LBT	Studio 1
18.15-19.00	Yoga	Studio 2
18.30-19.30	Body Pump	Studio 1
19.30-20.00	Body X	Studio 2
20.00-21.00	Pilates	Studio 1

**FRIDAY**

06.45-07.30	Lean Body Tabata	Studio 1
08.00-09.00	Yogalates	Studio 2
09.30-10.15	Roko Ride	Studio 3
09.30-10.30	LBT	Studio 1
10.30-11.15	Body Attack	Studio 2
10.40-11.25	Aqua	Pool
11.30-12.15	Body Pump	Studio 1
12.00-13.00	Yoga	Studio 2
13.30-14.30	Qi Gong	Studio 2
16.00-18.00	Kids Film Night	Bistro
16.00-16.45	Youth Circuits	Studio 1
18.00-18.45	HIIT X	Studio 1
19.00-20.00	Compound Class	Gym Floor

**SATURDAY**

08.15-09.15	Body Pump	Studio 1
08.45-09.45	Strong Yoga	Studio 2
09.30-10.00	Grit	Studio 1
09.30-10.15	Roko Ride	Studio 3
10.15-11.15	Body Combat	Studio 1
10.30-11.30	Body Balance	Studio 2
12.00-12.45	Family Circuits	Studio 2

**SUNDAY**

08.30-09.00	Grit	Studio 1
09.00-10.00	Kids Fit	Studio 2
09.15-10.00	Roko Ride	Studio 3
09.15-.1015	Body Pump	Studio 1
10.30-11.30	Combat	Studio 1
10.30-11.30	Pilates	Studio 2

**AQUA** - an impact free session, providing strength & cardiovascular training using water as resistance. Suitable for all levels & non swimmers.

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

**BODY COMBAT** - Fighting fit! Combines kicks, punches & stances developed from a range of self-defense disciplines including Karate, Kickboxing, Tai Chi & Tae Kwondo.

**BODY PUMP** - low on complexity-high on results, this class will seriously change your body shape! Focusing on high repetitions to speed up metabolism for rapid fat burning & to increase strength in all muscle groups.

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

**GRIT** – This is 30 minutes of high intensity interval training (HIIT), developed by experts to deliver transformative results. It's the kind of workout that transcends your speed, your strength and your height.

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

**LEGS, BUMS & TUMS (LBT)** - Wide range of conditioning exercises aimed specifically at muscle toning and shaping of the lower body.

**PILATES** - Using the Pilates fundamental moves this class will help you to establish torso stability, pelvic stability, abdominal engagement, good alignment and a greater range of motion for your limbs. In turn this will translate into a better posture to help your body in everyday life.

**ROKORIDE CLASSIC** - Classic indoor group cycling class that uses metrics such as Distance, RPM and Calories. Burn calories the colourful way! Aimed at all fitness levels.

**FAMILY YOGA** - A family class for the whole family to enjoy relaxation together. Ideally 5years old upwards.

**FAMILY CIRCUITS** - A body weight circuit class for the whole family to enjoy together.

**YOUTH CIRCUITS** A class for our 12-15year olds, this will be a body weight circuit class.

**SPRINT8** - This is an exclusive 20-minute high intensity interval training programme

› Please inform the instructor of any injuries, medical problems, high blood pressure scientifically proven to boost energy, reduce body fat and promote lean muscle development. **Sprint8** incorporates sweat scores to ensure you are getting the most out of your workout!

**COMPOUND CLASS** This class will be in groups of 3, You will learn compound moves eg Squats, Deadlifts and bench press to help improve technique and muscle strength.

**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!

**QI GONG** – is an ancient Chinese system of movement that helps mobility and improve good health, through breathing, postures, mediation and imagery.

**LEAN BODY TABATA** – The class is for all levels of fitness, it's a mixture of weights and bodyweight exercises to help improve fitness, and help to improve a lean muscle mass.

## general information

- › Always arrive on time for your class to ensure that a safe warm up is completed, avoiding injury and disruption to the class. The instructor may refuse you entry after the class has started
- › The club reserves the right to substitute instructors and change class times when and if the need arises
- › Take a towel and drink of water with you to classes. Drinks must be in a suitable plastic container - glass bottles or cans must not be taken into the studios at any time
- › Bags and coats etc. must be stored in the changing room lockers provided

- › Ensure that your footwear and clothing is appropriate for the activities being undertaken, allowing you to perform your chosen class safely and effectively
  - › Classes shown on this timetable are available for members aged 16 and above, unless stated otherwise
- or pregnancy prior to the class commencing

## classes are available at 4 main levels:

Beg: Suitable for beginners or those preferring a more gentle approach

Int: A base level of fitness and some experience of specific activities required

Adv: Classes designed for the experienced person

All: All abilities are welcome to attend