

A group of diverse children, including a girl with curly hair, a boy with a blue shirt, and a girl with blonde hair, are laughing joyfully outdoors. The background is a bright, sunny outdoor setting with green grass.

roko
HEALTH CLUBS

Roko Nottingham junior activity timetable

from 5 July 2021

MONDAY

09.00-18.30	Teen Gym Access (12+)	
11.00-11.45	BodyBalance* (12+)	Studio 2
16.15-17.00	Kids Football Circuit(5-11)	Studio 1
17.00-18.00	Martial Arts Inspired(5-15)(£)***	Studio 2
17.30-18.15	Legs,Bums,Thighs*(12+)	Studio 1

TUESDAY

09.00 -18.30	Teen Gym access time(12+)	
16.15-17.00	Kids Gym(7-11)	GymFloor
17.30-18.00	HIIT*(12+)	Studio2/outdoor

WEDNESDAY

09.00 -18.30	Teen Gym access time(12+)	
16.15-17.00	Aqua Splash(5-11)	Splash Pool
17.00-17.45	BodyBalance*(12+)	Studio 1
17.00-18.00	Martial Arts Inspired(5-15)(£)***	Studio 2

THURSDAY

09.00-18.30	Teen Gym access time(12+)	
16.15-17.00	Kids MultiSports(5-11)	Studio 1
18.00-18.45	BodyBalance* (12+)	Studio 1
18.15-18.45	HIIT*(12+)	Outdoor

FRIDAY

09.00 -18.30	Teen Gym access time(12-15)	
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SATURDAY

08.45-09.30	Kids Actif(5-11)	Studio 1
08.45-09.15	HIIT*(12+)	Outdoor/2
09.00-18.00	Teen Gym access time(12+)	
12.00-14.00	Dance Affinity(5-15)(£)**	Studio 2
15.00-18.00	Teen Swim Access (12+)	

SUNDAY

09.00-18.00	Teen Gym Access time (12+)	
15.00-18.00	Teen Swim Access (12+)	

Where classes are marked with an *, parental supervision is required at all times.

Where classes are marked with **, please contact Chelsea Newell at Dance Affinity Dance School for further information and prices on chelseanewell1993@hotmail.co.uk

Where classes are marked with ***, please contact James Wells at Martial Arts Inspired
[Email: info@martialartsinspired.com](mailto:info@martialartsinspired.com)

Classes marked with a (£) incur an additional charge.

Please note that all Children's and Teen's Activities should be booked through club Reception (unless otherwise stated).

For health & safety reasons, only children and teens who have booked may participate in the class.

CLASS DESCRIPTIONS

AQUA SPLASH! A great way to have fun in the pool whilst getting active. Group games to build social skills and teamwork in a safe and structured environment. Kids must have swimming ability of at least 8 meters

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

FOOTBALL SKILLS ACTIVITIES Football games and challenges to develop your coordination, balance and team skills. Get ready for the season!

KIDS ACTIF

Suitable for all fitness levels. A mixture of games and sports, designed as a great way to keep fit and have fun with your mates

KIDS MULTISPORTS A variety of sporting activities, including hockey, athletics, fitness drills, ball games etc

LEGS BUMS & THIGHS Muscle toning and shaping of the lower body. Simple routines to target those stubborn areas!

MARTIAL ARTS INSPIRED Kid's karate class led by James Wells, karate black belt, twice bronze world champion.

TEEN GYM Access Time

Teens aged 12 to 15 years can use the gym CV equipment and core area from 09.00 – 18.30 every day after they have had a junior fitness consultation with the gym team. Parents must accompany their child for the junior fitness consultation. A yellow wrist band must be worn by all junior gym users which confirms that they have had a junior fitness consultation. Wrist bands will be provided once the consultation has taken place.

TEEN SWIM Access Time 12 yrs + can book swim lanes

DANCE AFFINITY – Dance classes led by professional dancer Chelsea Newell.