

A group of young people, including a girl with curly hair and a girl with blonde hair, are laughing and smiling joyfully outdoors. They are wearing casual summer clothing like tank tops and a denim jacket. The background is a bright, sunny outdoor setting.

roko
HEALTH CLUBS

Roko Nottingham junior activity timetable

from September 2022

MONDAY

09.00-18.30	Teen Gym Access (12+)	Gym
11.00-11.45	BodyBalance* (12+)	Studio 2
16.15-17.00	Kids Fitness & Games(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+)	Gym
16.15-17.00	Kids Multisports & Skills(7-11)	Studio 1
17.30-18.00	HIIT*(12+)	Studio2/outdoor

WEDNESDAY

09.00 -18.30	Teen Gym access time(12+)	Gym
17.00-17.45	BodyBalance*(12+)	Studio 1

THURSDAY

09.00-18.30	Teen Gym access time(12+)	Gym
16.15-17.00	Kids MultiSports(5-11)	Studio 1

FRIDAY

09.00 -18.30	Teen Gym access time(12-15)	Gym
16.15-17.00	Kids Splash	Splash Pool

SATURDAY

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

SUNDAY

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

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

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.

KIDS MULTISPORTS/FITNESS & GAMES 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