



roko
HEALTH CLUBS

Roko Nottingham Group Exercise timetable

from January 2019

BODYATTACK

MONDAY

06.45-07.30	Body Pump	All	1	Katherine
07.00-08.00	Hotpod Flow (£/B)	All	HPY	HPY Team
08.30-09.30	Pilates	All	2	Jackie C
09.00-09.30	circ-x	All	Gym	Fitness Team
09.30-10.30	Pilates	All	2	Jeanette
09.30-10.30	Hotpod Flow (£/B)	All	HPY	HPY Team
09.45-10.30	Zumba	All	1	Alex L
09.45-10.30	CYCLonE	All	Spin	Katherine
10.35-11.15	Core on the Ball	All	2	Alex L
10.45-11.30	Body Pump	All	1	Katherine
11.00-11.30	TheEternalYouthClub		Gym	Fitness Team
11.30-12.30	Qi Gong T'ai Chi	All	2	Marc
12.30-13.30	MummyFIT(£/B)Post Natal		1	Alex
13.30-14.30	MummyFIT(£/B)Post Natal		1	Alex
14.00-14.45	Aqua Zumba	All	Pool	Renate
17.00-18.00	Hotpod Flow (£/B)	All	HPY	HPY Team
17.15-17.40	strength-x	All	Gym	Gym Team
17.45-18.45	Body Combat*(12+)	All	2	Kate
18.00-18.45	Fitbody SWIM	All	Pool	Andy
18.00-19.00	Body Attack	All	1	Jackie C
18.15-19.00	CYCLonE	All	Spin	Alex D
18.30-19.30	Hotpod Flow (£/B)	All	HPY	HPY Team
18.45-19.30	BTT	All	2	Tina
19.15-20.15	Body Pump	All	1	Jackie C
19.45-21.00	Pregnancy Yoga (£)	All	2	Vanessa
20.00-21.00	Hotpod Flow (£/B)	All	HPY	HPY Team

TUESDAY

06.45-07.30	CYCLone	All	Spin	Katherine
09.00-09.30	body-x	All	Gym	Fitness Team
09.30-10.00	SwimFIT*		Pool	
09.30-10.30	Hotpod Flow (£/B)	All	HPY	HPY Team
09.35-10.30	Pilates	All	2	Karen
09:35-10:30	Dance Aerobics	All	1	Fesa
09.45-10.30	CYCLonE	All	Spin	Katherine
10.35-11.20	Core Conditioning+	All	1	Fesa
10.45-11.45	Yoga	All	2	Liz
11.00-12.00	Hotpod Flow (£/B)	All	HPY	HPY Team
18.00-18.30	HIIT	All	1	Alex D
18.00-18.45	Pilates	All	2	Alex L
18.15-19.00	CYCLonE	All	Spin	Jess C
18.30-19.30	Body Jam	All	1	Anne
18.30-19.30	Hotpod Flow (£/B)	All	HPY	HPY Team
18.45-19.30	Body Balance	All	2	Jess B
19.00-19.45	Aqua	All	Pool	Lisa
19.30-20.30	Hatha Yoga	All	2	Mary
19.30-20.30	Body Pump	All	1	Jess B
20.00-21.00	Nurturing Flow (£/B)	All	HPY	HPY Team

WEDNESDAY

06.45-07.30	Body Pump	All	1	Kate
09.00-09.30	circ-x	All	Gym	Paul
09.30-10.30	Hotpod Flow (£/B)	All	HPY	HPY Team
09.35-10.30	Body Attack	All	1	Katherine
09.35-10.35	Body Balance	All	2	Jackie C
09.45-10.30	CYCLonE	All	Spin	Sarah
10.35-11.05	Body Pump Express	All	1	Katherine
10.30-11.00	The EternalYouthClub		Gym	Fitness Team
11.00-12.00	Pilates	All	2	Jackie C
14.00-14.45	Aqua	All	Pool	Jess B
17.00-18.00	Hotpod Flow (£/B)	All	HPY	HPY Team
17.30-18.00	SwimFIT**		Pool	
18.00-19.00	Body Pump	All	1	Rachel
18.00-19.00	FitBody Training	All	2	Jack
18.30-19.15	CYCLonE	All	Spin	Jon J
18.30-19.30	Hotpod Flow (£/B)	All	HPY	HPY Team
19.00-20.00	Body Attack	All	1	Rachel
19.30-20.30	Pole Fitness	All	2	Justina
20.00-21.00	Hotpod Flow (£/B)	All	HPY	HPY Team

THURSDAY

07.00-07.45	CYCLonE	All	Spin	Alex D
07.00-08.00	Hotpod Flow (£/B)	All	HPY	HPY Team
09.00-09.30	strength-x	All	Gym	FitnessTeam
09.30-10.30	Hotpod Flow (£/B)	All	HPY	HPY Team
09.35-10.30	Yoga	All	2	Valentina
09.45-10.30	Zumba	All	1	Hannah
09.45-10.30	CYCLonE	All	Spin	Shelley
10.35-11.00	Core-x	All	Gym	Fitness Team
10.45-11.30	Aqua	All	Pool	Shelley
10.45-11.45	Qi Gong T'ai Ch	All	2	Ian
12.00-13.00	MummyFIT(£/B)Post Natal		1	Alex
13.00-14.00	MummyFIT(£/B)Post Natal		1	Alex
13.30-14.30	Pilates	All	2	Jackie C
18.00-18.30	HIIT	All	1	Alex D
18.00-18.45	CYCLonE	All	Spin	Jon J
18.00-18.45	Body Balance*(12+)	All	2	Jackie C
18.30-19.30	Body Combat	All	1	Helen C
18.30-19.30	Hotpod Flow (£/B)	All	HPY	HPY Team
18.50-19.40	Zumba	All	2	Luiza
19.00-19.30	SwimFIT**		Pool	
19.00-19.45	Aqua	All	Pool	Emiko
19.45-20.45	Pilates	All	2	Fiona
20.00-21.00	Dynamic Flow (£/B)	Adv	HPY	HPY Team

FRIDAY

06.45-07.30	Body Pump	All	1	Katherine
09.00-09.30	body-x	All	Gym	FitnessTeam
09.30-10.30	Hotpod Flow (£/B)	All	HPY	HPY Team
09.35-10.30	Body Attack	All	1	Jackie C
09.35-10.35	Pilates	All	2	Alex L
09.45-10.30	CYCLonE	All	Spin	Katherine
10.45-11.30	Body Pump	All	1	Alex D
10.45-11.30	Aqua	All	Pool	Jackie C
17.00-18.00	Hotpod Flow (£/B)	All	HPY	HPY Team
18.00-19.00	Body Combat	All	1	Helen C
18.00-18.45	CYCLonE*(12+)	All	Spin	Jess C
18.00-18.45	Fitbody SWIM	All	Pool	Andy
18.30-19.30	Nurturing Flow (£/B)	All	HPY	HPY Team
19.00-19.45	Body Pump	All	1	Helen C

SATURDAY

08.15-09.15	Hotpod Flow (£/B)	All	HPY	HPY Team
09.00-09.30	HIIT	All	1	
09.00-09.30	body-x (12+)	All	Gym	FitnessTeam
09.30-10.30	Hotpod Flow (£/B)	All	HPY	HPY Team
09.35-10.30	Body Attack	All	1	Katherine
09.45-10.30	CYCLonE	All	Spin	Becky
10.00-10.45	BTT*(12+)	All	2	AnneMarie
10.35-11.30	Body Pump	All	1	Alex D
10.45-11.30	Zumba*(12+)	All	2	Tina
10.45-11.30	CYCLonE	All	Spin	Jon J
11.00-12.00	Hotpod Flow (£/B)	All	HPY	HPY Team
11.00-11.30	circ-x (12+)	All	Gym	FitnessTeam

SUNDAY

08.15-09.15	Hotpod Flow (£/B)	All	HPY	HPY Team
08.45-09.45	Body Pump	All	1	Jess B
09.00-09.30	strength-x (12+)	All	Gym	FitnessTeam
09.30-10.30	Hotpod Flow (£/B)	All	HPY	HPY Team
09.35-10.35	CYCLonE	Int	Spin	Jon J
09.45-10.45	Body Balance	All	2	Jess B
10.45-11.30	BTT* (12+)	All	2	Karen
11.00-12.00	Nurturing Flow (£/B)	All	HPY	HPY Team
11.00-11.30	core-x (12+)	All	Gym	FitnessTeam
11.30-12.15	FitBody Families (5+)		2	Alex D
17.00-17.45	Aqua* (12+)	All	Pool	Emiko
17.00-18.00	Hotpod Flow(£/B)	All	HPY	HPY Team
18.00-18.45	CYCLonE	All	Spin	Alex D
18.30-19.30	Nurturing Flow (£/B)	All	HPY	HPY Team

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

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

BODY ATTACK - Fast-paced, sport-based, high energy workouts. Burn calories FAST and give your fitness a boost!

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 Martial Arts disciplines including Karate, Kickboxing, Capoeira & Tae Kwon do.

BODY JAM – Lose yourself in the sensation of dance! Learn funky moves from different dance styles set to awesome music. A great way to have fun and increase your fitness levels!

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.

BODY-X - Weight bearing circuits. This class is designed to push you to your cardiovascular and muscular endurance limit using mainly bodyweight.

BTT – (Bums Tums & Thighs) A wide range of conditioning exercises both with and without additional equipment. Targeting those stubborn areas from the waist down. No high impact or choreography to consider, just pure toning.

circ-x - Circuit based interval training combining strength and endurance exercises, giving the benefits of both a cardiovascular and strength training workout.

CYCLonE - Watch your fitness levels soar in the Indoor Cycling Experience. You will be taken through varying and challenging terrains in this instructor-led, non-impact cardiovascular cycle class. Aimed at all fitness levels

CORE CONDITIONING Pilates based exercises to work core and strengthen stabilising muscle groups.

CORE-X - Body weight and weighted exercises are included to work the all-important core and to strengthen stabilising muscle groups

DANCE AEROBICS – An explosion of dance moves in a freestyle class. Giving you a feel good dance workout with an aerobic feel.

FITBODY SWIM - An instructor led session providing a fun and effective way to reach your fitness goals, improve your swimming technique and increase your fitness endurance.

FITBODY TRAINING – Circuit training to push yourself to be the best you can be!

FITBODY FAMILIES - A fitness session the whole family can join in! Team work and fun fitness games the whole family can join in.

HIIT – Build a powerful more athletic body, increase fitness and strength in these 30 minute high intensity interval training classes based on plyometrics, strength or cardio.

MUMMYFIT – A safe progressive instructor led workout incorporating cardio and strength. For further details email: info@mummyfituk.co.uk or call 07380 198232

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

PREGNANCY YOGA: Suitable for all stages of Pregnancy from 12 weeks onwards. Classes introduce a variety of techniques to help strengthen your body and relax the mind so you can enjoy your pregnancy at every stage and prepare for the birth of your baby.

Bookings and specific course dates are available from vanessa.taylor@mamababybliss.com. Cost applicable.

POLE FITNESS – A unique way in which to target abs, flexibility and total body strength.

STRENGTH-X - This class is designed to push you to your cardiovascular and muscular endurance limit using weighted equipment.

SwimFIT /ClassFIT** Introductory sessions part of Your Roko Fit. If you're new to the club and would like questions answered about your swim technique or what to do on poolside, book in for a SwimFIT. If you've never done classes before but are dying to get involved ClassFIT will show you the studios, get you using some equipment and make sure you're happy with the booking system.

QI GONG/T'AI CHI: A unique exercise system of gentle yet dynamic movement to increase flexibility, core strength and sense of well-being.

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 – The class where Latin rhythms combine with easy to follow moves. Routines feature interval and resistance training to tone and sculpt your body whilst burning fat.

HOTPOD YOGA CLASSES

HOTPOD FLOW

Our one hour signature Hotpod Flow. The 37 degree heat and immersive ambience will melt you deeper into your practice, while your Hotpod instructor will carefully and personally guide you through a flow of both passive and active postures that will open your body, work your heart and calm your mind in equal measure.

Suitable for all levels, refreshing and impactful classes that are grounded firmly in reality.

NURTURING FLOW

Our one hour Nurturing Flow is a deeper, slower, restorative class. A calmer tempo and strong focus on passive and meditative postures, combined with the signature Hotpod heat of 37 degrees, will melt you into further into your practice, leaving your body gently worked and your mind relaxed and calm. Ideal for beginners, anyone suffering from injuries or just looking to nurture their bodies!

DYNAMIC FLOW

Not for beginners or those new to the heat, this is our intermediate+ level class. Our one hour Dynamic Flow sees Hotpod Yoga-goers take the next step in their Hotpod practice. Challenging postures combined with a deeper focus on conscious breath rapidly work towards increased strength, flexibility and heightened mental clarity and focus.

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
- › Please inform the instructor of any injuries, medical problems, high blood pressure 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

notes from timetable

- ›45 minute Body Balance classes have no relaxation
- ›Roko operates a revised timetable on Bank Holidays; please see the notices for further information.
- ›If you are unable to attend a class which you have previously booked please ensure that you contact the club to cancel.
- ›Classes marked with a (£) incur an additional charge.

›Classes marked with an * plus age (5+/12+) can be attended by this age and up but must be supervised by a parent/guardian.

Hotpod Yoga Classes

Classes are operated independently of Roko group exercise classes and take place on the ground floor of the club, in the purpose built hotpod studio.

Classes should be booked through the hotpod yoga app or website

For your exclusive 10% member discount code please contact Sarah on notts@hotpodyoga.com or 07958 466 019

Make sure you get to the class 15 mins in advance and be sure to bring a towel and some water. For security reasons, we really can't let anyone in if late, so expect a locked door 5 mins before.

If you need to cancel please do so at least 4 hours before class start time otherwise you will be charged as if you had attended. (NB the hours of 10pm-6am are considered 'dead' time on the system, so for example cancelling a 9.30am class means that the cancellation period kicks in at 9.30pm the night before).