



roko
HEALTH CLUBS

Roko Nottingham Group Exercise timetable

from September 2021

BODYATTACK

MONDAY

06.45-07.30	rokoRIDE	All	Spin	Alex D
08.45-09.45	Pilates	All	2	Jackie C
09.30-10.30	Hotpod Flow Yoga	All		
09.45-10.30	Body Attack	All	1	Katherine
10.00-10.45	Core	All	2	Fesa
10.45-11.30	Body Pump	All	1	Katherine
11.00-11.45	Aqua	All	Pool	Fesa
11.00-11.45	Body Balance	All	2	Jackie C
17.30-18.15	Legs,Bums,Tums!	All	1	Kami
18.30-19.30	Hotpod Flow Yoga	All		
18.30-19.15	YogaFusion	All	2	Kami
18.30-19.15	BodyAttack	All	1	Briony
18.45-19.30	rokoRIDE	All	Spin	Alex D
19.35-20.20	Body Pump	All	1	Briony

TUESDAY

07.00-07.45	HIIT	All	1	Katherine
07.15-08.15	Hotpod Flow Yoga			
08.45-09.30	Body Pump	All	1	Katherine
09:30-10:30	T'ai Chi	All	2	Marc
09.45-10.45	Pilates	All	1	Mary
09.45-10.30	rokoRIDE	All	Spin	Katherine
10.45-11.30	Zumba	All	2	Celestina
11.00-12.00	Yoga	All	1	Mary
17.30-18.00	HIIT	All	1	Alex D
18.30-19.30	Hotpod Flow Yoga	All		
18.15-19.00	Body Pump	All	1	Jackie C
18.30-19.15	rokoRIDE	All	Spin	Alex D
19.15-20.00	Body Balance	All	2	Jackie C
19.00-19.45	Aqua	All	Pool	Emiko

WEDNESDAY

07.00-07.45	rokoRIDE	All	Spin	Jess C
09:15-10:00	rokoRIDE	All	Spin	Alex D
09.30-10.30	Hotpod Flow Yoga	All		
09.30-10.15	Body Pump	All	1	Jackie C
10.30-11.15	Body Attack	All	1	Alex D
11.00-12.00	Pilates	All	2	Jackie C
17.00-17.45	Body Balance	All	2	Jess B
18.00-18.45	Body Attack	All	1	Chris
18:00-18:45	rokoRIDE	All	Spin	Sharon
18.30-19.30	Hotpod Dynamic Yoga	All		
19.00-19.45	Body Pump	All	1	Alex D
19.15-20.15	Pilates	All	2	Alex L

THURSDAY

07.15-07.45	HIIT	All	1	Alex D
07.15-08.15	Hotpod Flow Yoga	All		
08.45-09.45	Yoga	All	1	Yeshim
09.30-10.15	rokoRIDE	All	Spin	Alex D
09.30-10.15	Zumba	All	1	Lynsey
10.30-11.15	Body Pump	All	1	Alex D
10.45-11.45	Qi Gong	All	2	Ian
18.00-18.45	Body Balance	All	2	Jackie C
18.15-18.45	HIIT	All	1	Sarah
18.30-19.30	Hotpod Flow Yoga	All		
19.00-19.45	Body Pump	All	1	Jackie C
19:15-20:00	rokoRIDE	All	Spin	James
19.30-20.15	Aqua	All	Pool	Emiko

FRIDAY

07.00-07.45	Body Pump	All	1	Katherine
09.15-10.00	Body Attack	All	1	Jackie C
09.30-10.30	Hotpod Flow Yoga	All		
09.30-10.15	rokoRIDE	All	Spin	Katherine
10.15-11.00	Aqua	All	Pool	Jackie C
10.45-11.45	Pilates	All	2	Kami
18.30-19.30	Hotpod Nurturing Yoga	All		
18.30-19.15	Body Attack	All	1	Jess C

SATURDAY

08.45-09.15	HIIT	All	2	Sarah
08.45-09.30	Kidz Actif (5-11yrs)		1	Alex
09.30-10.15	Legs Bums Tums!	All	2	Sarah
09.30-10.30	Hotpod Flow Yoga	All		
09.45-10.30	rokoRIDE	All	Spin	Alex
09.45-10.30	Body Attack	All	1	Katherine
10.30-11.15	Zumba	All	2	Celestina
10.45-11.30	Body Pump	All	1	Alex D

SUNDAY

08.45-09.30	Body Pump	All	1	Jess B
09.30-10.30	Hotpod Flow Yoga	All		
09.45-10.30	Body Balance	All	2	Jess B
09.45-10.30	rokoRIDE	All	Spin	Alex D
10.45-11.45	Stretch	All	2	Kami
17.00-18.00	Hotpod Flow Yoga	All		
16.45-17.30	Aqua	All	Pool	Emiko

AQUA - 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 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. giving the benefits of both a cardiovascular and strength training workout.

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.

Legs, Bums, Tums!– 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.

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!

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

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

STRETCH – Lengthen and mobilise your body with specific stretch and flexibility moves taken from yoga and pilates.

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.