



**roko**  
HEALTH CLUBS

# Roko Portsmouth group exercise timetable

May 2019

**BODYATTACK**

## MONDAY

0915-1030 ✓	BODYPUMP (inc set-up)	All	2	Liam
0930-1030	BODYCOMBAT	12+	1	Theodora
0930-1030	AQUA WORKOUT	Beg/Int	Pool	Darin
0930-1015 ✓	CYCLonE GROUP CYCLING	Int	Spin	Louise
1035-1135	BODYBALANCE	12+	1	Kerry
1045-1125	OVER 50s AEROBICS	50+	2	Loretta
1700-1815 ✓	BODYPUMP (inc set-up)	All	2	Louise
1745-1815 ✓	GRIT PLYO	All	1	Lou
1800-1830 ✓	CYCLonE GROUP CYCLING	Beg/Int	Spin	Darin
1830-1915 ✓	CYCLonE GROUP CYCLING	All	Spin	Louise
1830-1930	CIRCUITS	All	2	Liam
1830-1930	BODYBALANCE	All	1	Jackie
1930-2030	ZUMBA	12+	2	Georgina

## TUESDAY

0645-0745	BODYPUMP	All	2	Liam
0700-0800	PILATES	All	1	Mark
0800-0900	BODYCONDITIONING	All	1	Bev
0930-1015	BODYATTACK	All	1	Kerry
0930-1015	AQUA WORKOUT	All	Pool	Mark
0915-1030 ✓	BODYPUMP (inc set-up)	All	2	Louise
0930-1015 ✓	CYCLonE GROUP CYCLING	Int	Spin	Antony
1030-1130	Tai Chi	All	2	Andrew
1035-1130	BODYBALANCE	Beg/Int	1	Louise
1035-1105	STRETCH-X	All	gym	gym team
1715-1745 ✓	GRIT STRENGTH	All	2	Cheryl
1750-1820 ✓	GRIT CARDIO	All	2	Cheryl
1715-1815	BODYCOMBAT	All	1	Bev
1815-1900	SH'BAM	12+	1	Amy
1830-1930	PILATES	All	2	Jacqui
1840-1910 ✓	CYCLonE GROUP CYCLING	All	Spin	Tony
1930-2030	ASHTANGA YOGA	All	2	Steph

## WEDNESDAY

0645-0715 ✓	GRIT STRENGTH	All	2	Stu
0645-0715 ✓	CYCLonE GROUP CYCLING	All	Spin	Amy
0715-0730	ABS BLAST	All	1	Amy
0915-1030 ✓	BODYPUMP (inc set-up)	All	2	Jackie
0930-1015	WATERWORKS	All	Pool	Lucy
0930-1015	SH'BAM	12+	1	Oakley
1035-1135	BODYBALANCE	12+	1	Jackie
1045-1130	OVER 50'S DANCE	50+	2	Louise
1730-1800	GRIT Athletic	All	1	Michelle
1800-1845	WEDNESDAY SHRED*	All	2	Antony
1800-1830 ✓	CYCLonE GROUP CYCLING	All	Spin	
1845-1945 ✓	BODYPUMP 45 (inc set up)	All	2	Stu
1900-2000	Kokoro Karate (€)	All	1	Amber
2000-2130	KRAV MAGA (€)	All	2	Darren

## THURSDAY

0645-0715 ✓	GRIT CARDIO	All	1	Stu
0930-1000 ✓	CYCLonE GROUP CYCLING	Beg/Int	Spin	Darin
0930-1030	TAI CHI	Beg	2	Andrew
0930-1030 ✓	BODYCOMBAT	12+	1	Bev
1035-1135	OVER 50s BODYTONE	50+	1	Bev
0945-1015	MUM & BABY AQUA (€)	P/N	Pool	Julie
1030-1115	ANTE NATAL AQUA (€)	Preg	Pool	Julie
1030-1130	TAI CHI	Int/Adv	2	Andrew
1715-1745	GRIT CARDIO	All	2	Michelle
1800-1845	TONE (45 MINS)	All	1	Kerry
1745-1900 ✓	BODYPUMP (inc set-up)	All	2	Michelle
1800-1845 ✓	CYCLonE GROUP CYCLING	Int	Spin	Toby
1915-2000	AQUA WORKOUT	All	Pool	Nadia
1900-2000	BODYBALANCE	12+	1	Kerry
1930-2030	ZUMBA	12+	2	Georgina

✓ Indicates class may be booked (see notes below)

€ Indicates that there is an additional charge for this class

\*This class has no cooldown or stretch

## FRIDAY

0645-0715 ✓	CYCLonE GROUP CYCLING	Beg/Int	Spin	
0715-0730	ABS BLAST	All	1	Amy
0930-1015	WATERWORKS	All	Pool	Lucy
1030-1115	WATERWORKS	All	Pool	Lucy
0915-1030 ✓	BODYPUMP (inc set-up)	All	2	Karen
0930-1015	TONE	All	1	Kerry
0930-1015 ✓	CYCLonE GROUP CYCLING	All	Spin	Louise
1035-1135	BODYBALANCE	12+	1	Karen
1400-1500	BODYCONDITIONING	All	1	Bev
1730-1830	BODYCOMBAT	All	1	Bev
1815-1930 ✓	BODYPUMP (inc set-up)	Beg/Int	2	Jennifer
1830-2000 €	Kokoro Karate (€)	All	1	Keith

## SATURDAY

0800-0900	BODYCOMBAT	12+	1	Bev
0825-0855	GRIT CARDIO	All	2	Steph
0855-1000 ✓	BODYPUMP (inc SET UP)	All	2	Louise
0740-0825	SATURDAY SHRED (€)*	All	gym	Antony
0830-0930 ✓	CYCLonE GROUP CYCLING	All	Spin	Anthony
0930-1015 ✓	CYCLonE GROUP CYCLING	Int	3	Darin
0900-0945	SH'BAM	12+	1	Oakley
1000-1100	BODYBALANCE	12+	1	Jackie
1100-1200	VINYASA FLOW YOGA	All	1	Lucy

## SUNDAY

0915-1030	BODYPUMP	All	2	Louise
0930-1100	KOROKO KARATE (€)	All	1	Keith
1030-1125	BODYATTACK	14+	2	Kerry
1000-1045	AQUA WORKOUT	Beg/Int	Pool	Nadia
1100-1130 ✓	CYCLonE GROUP CYCLING	All	Spin	Nadia
1745-1900	BODYPUMP (Inc Set Up)	Beg/Int	2	Amy

**AQUA** - A fun water based workout to music within the pool. Non swimmers welcome and ideal for those in the early stages of pregnancy or with joint problems.

**BODYATTACK** - A high-intensity group exercise-to-music class suitable for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises.

**BODYBALANCE** - This is the yoga, t'ai chi, and pilates workout that builds flexibility and strength and leaves you feeling centered and calm. It's your personal time out from stress and strains of daily life, This is a workout to bring your body and mind back into balance.

**BODYCOMBAT** - A non-contact, martial arts based fitness programme with moves drawn from karate, tae kwon do, kung fu, kickboxing, muay thai and t'ai chi. An exhilarating exercise experience that delivers ultra-fast results.

**BODYPUMP** - This toning and conditioning class with weights is for anyone who wants to add strength training to their workout. Using a step platform, a bar and a set of weights, BODYPUMP builds strength, tones and improves core strength.

**SH'BAM**- The ultimate fun and sociable way to exercise. Featuring chart topping popular hits and simple but seriously hot dance moves.

**BODYSTEP** - This energizing step workout will make you feel liberated and alive. Using a height -adjustable step and simple movements on, over and around the step will help you burn calories, body fat and shape your legs, bum and stomach

**CIRCUITS** - A stationed workout designed to increase muscular strength and endurance, aerobic fitness & co-ordination.

**OVER 50s AEROBICS** - A class designed with the over 50's in mind. An easy to follow, low impact class.

**OVER 50s CONDITIONING**  
30 minutes of light conditioning exercises with the older adult in mind.

### **OVER 50s BODYBLAST**

This is a varied, low impact aerobic and conditioning class.

**OVER 50s DANCE** - This class is a low impact, easy to follow dance class designed for the over 50s. Have fun and improve your fitness!

**TAI CHI** - Based on the Chinese principle of ying & yang in which opposing but complimentary forces combine to create harmony and well-being. Tai chi helps to focus our mental powers, increase muscular flexibility, co-ordination and body awareness.

**MODIFIED ASHTANGA YOGA** -This structured session will focus your mind and discipline your body. Whether you are an avid fitness junkie or new to exercise, this class is a great way to help improve flexibility and strength. Suitable for men and women, all levels catered for as modifications will be offered.

**VINYASA FLOW** -Whether you want to focus on stretching out or strengthening the different areas of the body, this flow class will allow you to explore the different poses of yoga and push your mind and body to new levels of fitness. Suitable for men and women, all levels of ability welcome.

**GRIT** - This 30 minute high intensity interval training programme brings the power of personal training with the motivation of a team. Using explosive music and small group coaching to help you to build strength, lean muscle and burn fat.

**Grit Plyo** - Plyometric moves for power and speed.

**Grit Strength** - Using weights to blast all the major muscle groups.

**Grit Cardio** - no equipment used, designed to burn fat and improve athletic capability.

**CYCLonE GROUP CYCLING** - The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring instructor who leads the pack through hills, sprints, flats and interval training!

**PILATES** - A mind & body approach to stretching and aligning the body, also focuses greatly on strengthening abdominal and back stabilising muscles, creating a stronger back and better posture.

**SATURDAY SHRED** - The Shred gym floor bootcamp is run by our Personal Trainers who will help you to get the most out of your session using the gym floor functional equipment.

**Rok-X** - These are 30 minute Gym floor classes for all ages and abilities.

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

**WW-X** - (Weights for Women). This class is a great way to introduce your body to using weights as part of your workout. You will learn the basics and the importance of resistance training. A perfect class if you want to learn more but just a little unsure where to start.

**Plyo-X** - Fast paced, sports based, high energy plyometric (also known as jump training) workout. This class is designed to increase your power, strength and speed.

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

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

**Stretch-X** - The perfect functional class designed to help you work through a series of challenging stretches and holds to improve your core stability and flexibility.

# general information

- >All CYCLonE Group Cycling classes should be booked through the app or via reception from 8:00am the day before the class. Members who arrive to a CYCLonE class without a booking, unfortunately, cannot be guaranteed a place.
- >All classes with a tick by them on the timetable may be oversubscribed on occasion and can be booked via the app or at reception from 8:00am the day before to guarantee a place.
- >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.

## Guide to class levels:

**ALL** – suitable for all fitness levels. If you are new to the class please inform the instructor at the start of the class.

**BEG/INT** – suitable for all fitness levels, also suitable if you are completely new to group exercise classes.

**INT** – A reasonable fitness level is advised for these classes.

**INT/ADV** – Designed for those with experience of this class.