

A group of people in a gym performing a fitness routine. The gym has a polished floor and large windows. The participants are wearing athletic wear, including tank tops and shorts. They are in various dynamic poses, some with arms raised and legs extended. The lighting is bright, suggesting a well-lit indoor space.

roko
HEALTH CLUBS

Roko Portsmouth Group exercise timetable

From November 2021

BODYATTACK

MONDAY

06.30-07.15	Spin	Spin Studio
09.20-10-05	Spin	Spin Studio
09.30-10.30	Body Pump	Studio 2
09.30-10.30	Body Combat	Studio 1
09.45-10.45	Aqua	Pool
11.00-11.45	Over 50's Aerobics	Studio 2
17.30-18.30	Body Pump	Studio 2
17.30-18.30	Body Balance	Studio 1
18.30-19.15	Spin	Spin Studio
19.30-20.30	Zumba	Studio 2

TUESDAY

06.30-07.30	Body Pump	Studio 2
09.25-10.25	Body Tone	Studio 2
09.30-10.15	Circuits	Studio 1
11.30-11.30	Body Balance	Studio 1
10.35-11.30	Aqua	Pool
10.45-12.45	Tai Chi	Studio 1
17.30-18.30	Body Combat	Studio 2
17.30-18.15	Spin	Spin Studio
18.30-19.30	Sh'bam	Studio 1
19.00-19.45	Aqua	Pool

WEDNESDAY

06.30-07.15	Spin	Spin Studio
07.30-08.00	Gym Floor HIIT	Gym Floor
09.30-10.30	Body Pump	Studio 2
09.30-10.30	Aqua	Pool
10.45-11.45	Over 50's Dance	Studio 2
11.00-12.00	Body Balance	Studio 1
17.00-17.45	Circuits	Studio 1
17.40-18.30	Body Pump	Studio 2
17.45-18.30	Spin	Spin Studio
18.35-19.20	Body Attack	Studio 1

THURSDAY

06.30-07.15	Body Pump	Studio 2
08.00-08.45	Body Conditioning	Studio 2
09.30-10.30	Circuits	Studio 2
09.30-10.30	Body Combat	Studio 1
10.45-11.45	Body Tone	Studio 2
10.40-12.40	Tai Chi	Studio 1
18.00-18.45	Spin	Spin Studio
18.15-19.15	LBT	Studio 2
18.30-18.50	Core Blast	Studio 1
19.15-20.00	Aqua	Pool
19.30-20.30	Zumba	Studio 2

FRIDAY

06.30-07.15	HIIT	Studio 2
08.00-08.45	Body Tone	Studio 2
09.30-10.15	Body Pump	Studio 2
09.30-10.30	Spin	Spin Studio
09.30-10.30	Aqua	Pool
10.25-11.10	Over 50's Dance	Studio 2
10.45-11.45	Aqua	Pool
11.00-12.00	Body Balance	Studio 1
17.30-18.30	Body Pump	Studio 2
18.40-19.40	Body Balance	Studio 2

SATURDAY

08.15-09.00	Spin	Spin Studio
08.30-09.30	Body Combat	Studio 2
09.00-10.00	Sh'bam	Studio 1
10.00-10.55	Pilates	Studio 2
11.00-12.00	Yoga	Studio 2

SUNDAY

08.15-09.15	Body Balance	Studio 1
09.30-10.30	Body Pump	Studio 2
10.00-11.00	Aqua	Pool
10.00-11.00	Body Attack	Studio 1
11.15-11.45	Spin	Spin Studio

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

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 self-defense disciplines including Karate, Kickboxing, Tai Chi & Tae Kwon-do.

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.

CIRC – X - Circuit based interval training combining strength and endurance exercises, giving the benefits of both a cardiovascular and strength training workout. Half hour, gym floor based class combining HiiT and functional training for all ages and abilities.

CORE – X - Target your core muscles in this express ab workout. Tone your tummy and improve your stability with a variety of innovative exercises using a range of different equipment in the gym as well as your own body weight!

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

LEGS, BUMS & TUMS (LBT) - Wide range of conditioning exercises aimed specifically at muscle toning and shaping of the lower body.

PILATES - Using the Pilates fundamental moves this class will help you to establish torso stability, pelvic stability, abdominal engagement, good alignment and a greater range of motion for your limbs. In turn this will translate into a better posture to help your body in everyday life.

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

FAMILY YOGA A family class for the whole family to enjoy relaxation together. Ideally 5years old upwards.

SPRINT8 - This is an exclusive 20-minute high intensity interval training programme scientifically proven to boost energy, reduce body fat and promote lean muscle development. **Sprint8** incorporates sweat scores to ensure you are getting the most out of your workout!

WW - X (Weight 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. Perfect class if you want to learn more but just a little unsure where to start.

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 - Are you ready to party yourself into shape? This dance based workout is one of a kind that will get you burning calories whilst having a party!

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