



MAIN STUDIO - Schedule Effective January 1, 2019

View the most current daily schedule on the Rosedale Club Member App!

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---|--|--|--|----------------------------------|--|---|
| 6:00 AM | | | | | | | |
| 6:30 AM | | HIIT THE CORE Dorota | | POWER PILATES Melissa | | | |
| 7:00 AM | YOGA FLOW Brent | T N T Johnny R | | | | | |
| 8:30 AM | PILATES MAT Diane | | YOGA FLOW Toni | POWER FLEX Christopher | | YOGA FLOW Celton | HEATED YOGA Jonny B |
| 8:30 AM | | | | | | T N T Johnny R | |
| 9:30 AM | CARDIO, CORE, BARRE Judi | ZUMBA Heather | KICK YOUR ASANA Lexi | | POWER FLEX Christopher | CARDIO, CORE, BARRE Judi | |
| 10:30 AM | | *PUMP IT UP ILAC-closed session Christopher | | *BOOTCAMP ILAC-closed session Lexie | | POWER FLEX Christopher 11:30 AM | ZUMBA Floyd |
| 12:00 PM | POWER FLEX Christopher | HUSTLE Johnny R | ABL + Lexi | STREET DANCE Heather | LUNCH CRUNCH Johnny S | 30 Min Stretch Christopher 12:30 PM | YOGILITY Carolyn 11:30 AM |
| 12:30 PM | | | | | LUNCH CRUNCH Johnny S | DANCEHALL Nina 1:30 | |
| 4:45 PM | | | BODYWEIGHT BLAST Leigh | | | | |
| 5:30 PM | ROW & RIDE Cardio/ Stength Christopher | YOGA Toni | POWER FLEX Christopher | HUSTLE Cardio/ Stength Johnny R | PILATES MAT Melissa | MEMBER NOTES: COATS AND GYM BAGS ARE NOT PERMITTED IN STUDIOS OR ON THE GYM FLOOR <> YOGA REMINDER: PLEASE BRING YOUR OWN MAT TO CLASS. The room is heated at the discretion of the teacher. <> *DIVA DIVERSE is a professional dance comapny partnering with Rosedale Club. Join in for the dance class or the Dance Training. <u>ALL Levels.</u> See description for more details. Go to: www.DiverDiverse.com Contact Christopher@RosedaleClub.com | |
| 6:30 PM | YOGA RHYTHM FLOW Kimmy | TABATA BOOTCAMP Corinna | FUSION MOVEMENT Joanna | ZUMBA Edgar | | | |
| 7:30 PM | POWER FLEX Christopher | POWER PILATES Melissa | *DIVA DIVERSE WORLD DANCE OPEN CALL! | YOGA Edgar | | | |
| | | | 7:30 - 8:20 Dance 8:25 - 9:30 Official Choreography Class | | | | |

CYCLING STUDIO - Schedule Effective - Schedule Effective January 1, 2019

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|-----------------------------------|------------------------------|------------------------------|------------------------------|--|-----------------------------------|------------------------|
| 6:30 AM | 45 MIN Kenisha | | | | | | |
| 7:00 AM | | | 45 MIN Andrew | | 45 MIN Amy | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | | | | | | 60 MIN Karen |
| 9:30 AM | 50 MIN Wendy | 50 MIN Christopher | | 50 MIN Christopher | | 60 MIN Elsa/Christopher | |
| 12:15 PM | | | 45 MIN Christopher | 45 MIN Johnny R | MEMBER NOTES: ASK ABOUT FTP EVALUATION SO YOU CAN TRAIN RIGHT! EMAIL: Christopher@RosedaleClub.com <> FOR ALL SESSIONS ARRIVE 10 MIN EARLY TO SET UP YOUR BIKE AND LOG INTO YOUR WELLNESS APP TO TRACK RESULTS. ALL BIKES ARE SPD CLIP COMPATIBLE. QUESTIONS ABOUT THE GROUP EXERCISE PROGRAM? CONTACT: Christopher@RosedaleClub.com | | |
| 5:30 PM | Music Video Ride! Peter | 50 MIN Elsa | | | | | |
| 6:30 PM | | | 50 MIN Christopher | 50 MIN Johnny R | | | |
| 7:30 PM | | | | | | | |