



Wicked Pilates Daily Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	Pilates Reformer with Christina	Tone & Strength with Anna					
8:00 AM	Stability Chair with Christina		Pilates Reformer with Cheryl		Pilates Reformer with Rosa	Pilates Reformer with Karissa	
8:00 AM	PiYo with Gayla	Yoga with Sharon	Tone & Strength with Gayla	TRX/Barre with Christina	TRX with Gayla	Yoga with Patricia	
9:00 AM	Reformer Cardio/TRX with Gayla	Pilates Reformer with Karissa		Pilates Reformer with Christina		Pilates Reformer with Karissa	
9:00 AM	TRX/Circuit with Christina	Zumba Toning with Jenny	Cardio Mat Pilates with Cheryl	Pound with Jenny	Mat Pilates with Rosa	Zumba with Jenny	
10:00 AM						Intro to Reformer with Christina	
5:00 PM	Reformer/TRX with Christina		Pilates Reformer with Natalie	Stability Chair/TRX with Christina			
5:00 PM	Tone & Strength with Anna	Mat Pilates with Emily	Yin-Yoga with Sharon				
6:00 PM		Pilates Reformer with Emily	Pilates Mat/Chair with Natalie	Pilates Reformer with Christina			
6:00 PM	Mat Pilates with Natalie	Yoga with Sharon	Zumba Toning with Jenny	Yoga with Sharon			
7:00 PM	Pilates Reformer with Natalie		Pilates Reformer with Karissa				
7:00 PM	Bootybarre with Emily	Pound with Jenny		PiYo with Anna			