



Wicked Pilates Daily Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	Pilates Reformer with Christina	Tone & Strength with Anna			PiYo with Anna		
8:00 AM	Reformer Cardio/ TRX with Gayla	Pilates Reformer with Karissa	Reformer Cardio/ TRX with Gayla	Pilates Chair with Christina	Reformer Cardio/ Abs Gayla	Pilates Reformer with Karissa	
8:00 AM		Yoga with Sharon	Mat/Weights with Cheryl	Yin Yoga with Sharon	Mat Pilates with Rosa	Yoga with Patricia	
9:00 AM	Reformer Mat with Christina	Pilates Reformer with Karissa	Pilates Reformer with Cheryl	Pilates Reformer with Christina	Pilates Reformer with Rosa	Pilates Reformer with Karissa	
9:00 AM						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			