



Wicked Pilates Daily Schedule

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