



# Wicked Pilates Daily Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Reformer Cardio/ TRX with Gayla	Pilates Reformer with Karissa	Pilates Reformer with Cheryl	Pilates Stability Chair/ Christina	Pilates Reformer with Melissa	Pilates Reformer with Karissa	
8:00 AM	TRX/Barre with Christina	Yoga with Sharon	Tone & Strength with Gayla	Yin Yoga with Sharon	TRX/Step with Gayla	Yoga with Patricia	
9:00 AM	Reformer/Mat with Christina	Pilates Reformer with Karissa	ReformerCardio & Abs with Gayla	Pilates Reformer with Christina	Pilates Reformer with Christina	Pilates Reformer with Karissa	
9:00 AM		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	Reformer/TRX with Christina		Pilates Reformer with Karissa	Stability Chair/ TRX 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 Karissa				
7:00 PM	Bootybarre with Emily	Pound with Jenny	PiYo with Anna				