



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:00 CHAIR/SPRING WALL
Kari-New Studio

9:15 SPIN-FUSION
Kari-Barre Studio

9:15 REFORMER
Megan-Pilates Studio

10:30 REFORMER
Kari-Pilates Studio

10:30 REFORM & RESTORE
Megan-New Studio

11:45 REFORMER
Megan-Pilates Studio

4:30 CARDIO REFORMER
Kari-Pilates Studio

4:30 BODY SCULPT (BARRE)
Carla-Barre Studio

5:45 REFORMER
Carla-Pilates Studio

5:45 MAT PILATES
Kari-Barre Studio

5:45 TRX
Jill- New Studio

7:00 REFORMER
Carla-Pilates Studio

7:00 YOGA
Nan-Barre Studio

7:00 TRX SUSPENSION
Marie-Barre Studio

7:00 REFORMER
Kari-Pilates Studio

8:00 REFORMER
Kari-Pilates Studio

9:15 BODY SCULPT (BARRE)
Kari-Barre Studio

9:15 REFORMER
Megan-Pilates Studio

10:30 CHAIR/SPRING WALL
Megan-New Studio

11:45 REFORMER
Megan-Pilates Studio

4:30 REFORMER
Kari-Pilates Studio

4:30 ZUMBA
Abigail-Barre Studio

4:30 CHAIR/SPRING WALL
Marie-New Studio

5:45 REFORMER
Marie-Pilates Studio

5:45 SPIN 45
Kari-Barre Studio

5:45 BODY SCULPT (BARRE)
Jill-New Studio

7:00 REFORMER
Marie-Pilates Studio

9:15 REFORMER
Marie-Pilates Studio

9:15 TRX SUSPENSION
Megan-Barre Studio

10:30 CARDIO REFORMER
Marie-Pilates Studio

10:30 REFORM & RESTORE
Megan-New Studio

11:45 REFORMER
Megan-Pilates Studio

4:30 REFORMER
Kari-Pilates Studio

5:45 CHAIR/SPRINGWALL
Kari-New Studio

5:45 ZUMBA
Nan-Barre Studio

7:00 REFORMER
Kari-Pilates Studio

7:00 YOGA
Nan-Barre Studio

7:00 REFORMER
Kari-Pilates Studio

8:00 REFORMER
Carla-Pilates Studio

8:15 SPIN-FUSION
Jill-Barre Studio

9:15 BARRE
Carla-Barre Studio

9:15 CHAIR/SPRING WALL
Megan-New Studio

9:15 REFORMER
Kari-Pilates Studio

10:30 REFORMER
Megan-Pilates Studio

10:30 REFORM & RESTORE
Carla-New Studio

11:45 MAT PILATES
Megan-Barre Studio

4:30 CARDIO REFORMER
Marie-Pilates Studio

4:45 MAT PILATES
Kari-New Studio

5:45 REFORMER
Kari-Pilates Studio

5:45 TRX SUSPENSION
Marie-Barre Studio

5:45 BARRE
Jill-New Studio

7:00 REFORMER
Marie- Pilates Studio

7:00 REFORMER
Kari-Pilates Studio

8:00 REFORMER
Kari- Pilates Studio

9:15 REFORMER
Marie-Pilates Studio

9:15 ZUMBA
Nan-Barre Studio

10:30 REFORMER
Kari-Pilates Studio

8:00 TRX
Barre Studio

8:00 REFORMER
Pilates Studio

9:15 CHAIR/SPRING WALL
Pilates Studio

9:15 SPIN 45
Barre Studio

10:30 REFORMER
Pilates Studio

**** Private Intro sessions available upon request.**

Email Kari to get scheduled with one of our trainers.

kari@inspirestudiomn.com

inspirestudiomn.com
Registration required for each class.
Visit vagaro.com/inspirestudiollc for an up to date schedule.