



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 REFORMER Kari-Pilates Studio 8:00 SPRING WALL (no chair) Kari-Pilates 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-Chair Studio 11:45 REFORMER Megan-Pilates Studio 4:30 JUMP REFORMER Kari-Pilates Studio 4:30 BODY SCULPT (BARRE) Carla-Barre Studio 5:45 REFORMER Carla-Pilates Studio 5:45 MAT PILATES Kari-Chair Studio 5:45 TRX Jill- Barre 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 8:00 REFORM & MOBILIZE Marie -Chair Studio 9:15 BODY SCULPT (BARRE) Kari-Barre Studio 9:15 REFORMER Megan-Pilates Studio 10:30 CHAIR/SPRING WALL Megan-Chair Studio 11:45 REFORMER Megan-Pilates Studio 4:30 REFORMER Kari-Pilates Studio 4:30 CHAIR/SPRING WALL Marie-Chair Studio 5:45 REFORMER Marie-Pilates Studio 5:45 SPIN 45 Kari-Barre Studio 5:45 BODY SCULPT (BARRE) Jill-Chair Studio 7:00 REFORMER Marie- Pilates Studio	7:00 REFORMER Marie-Pilates Studio 8:00 REFORMER Marie-Pilates Studio 9:15 REFORMER Marie-Pilates Studio 9:15 TRX SUSPENSION Megan-Barre Studio 10:30 JUMP REFORMER Marie-Chair Studio 10:30 REFORM & RESTORE Megan-Pilates Studio 11:45 REFORMER Megan-Pilates Studio 4:30 REFORMER Kari-Pilates Studio 5:45 CHAIR/SPRINGWALL Kari-Chair 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 8:00 SPIN-FUSION Jill-Barre Studio 9:15 BODY SCULPT (BARRE) Carla-Barre Studio 9:15 CHAIR/SPRING WALL Megan-Chair Studio 9:15 REFORM & MOBILIZE Kari-Pilates Studio 10:30 REFORMER Megan-Pilates Studio 10:30 REFORM & RESTORE Carla-Chair Studio 11:45 MAT PILATES Megan-Barre Studio 4:30 JUMP REFORMER Marie-Pilates Studio 4:45 MAT PILATES Kari-Barre Studio 5:45 REFORMER Kari-Pilates Studio 5:45 TRX SUSPENSION Marie-Barre Studio 5:45 BODY SCULPT (BARRE) Jill-Chair Studio 7:00 REFORMER Marie- Pilates Studio	7:00 REFORMER Kari/Marie-Pilates Studio 8:00 REFORMER Kari/Marie- Pilates Studio 9:15 REFORMER Kari/Marie-Pilates Studio 9:15 ZUMBA Nan-Barre Studio 10:30 REFORMER Kari/Marie-Pilates Studio	8:00 TRX Barre Studio 8:00 REFORMER Pilates Studio 9:15 REFORMER Pilates Studio 9:15 SPIN 45 Barre 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 vagarog.com/inspirestudiollc for an up to date schedule.

