



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:00 CHAIR/SPRING WALL
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-Barre Studio

11:45 REFORMER
Megan-Pilates Studio

4:30 CARDIO REFORMER
Carla-Pilates Studio

4:30 BARRE
Abby-Barre Studio

5:45 REFORMER
Carla-Pilates Studio

5:45 SPIN 45
Kari- Barre Studio

7:00 REFORMER
Carla-Pilates Studio

7:00 TRX SUSPENSION
Megan-Barre Studio

8:00 REFORMER
Kari-Pilates Studio

8:00 REFORM & RESTORE
Megan-Barre Studio

9:15 BARRE
Kari-Barre Studio

9:15 REFORMER
Megan-Pilates Studio

11:45 CHAIR/SPRING WALL
Megan-Barre Studio

11:45 REFORMER
Kari-Pilates Studio

4:00 CARDIO REFORMER
Megan-Pilates Studio

4:30 CHAIR/SPRING WALL
Kari-Barre Studio

5:45 REFORMER
Kari-Pilates Studio

8:00 CHAIR/SPRING WALL
Kari-Pilates Studio

9:15 REFORMER
Kari-Pilates Studio

9:15 TRX SUSPENSION
Megan-Barre Studio

10:30 REFORM & RESTORE
Megan-Barre Studio

11:45 REFORMER
Megan-Pilates Studio

4:30 BARRE
Abby-Barre Studio

4:30 REFORMER
Kari-Pilates Studio

5:45 CHAIR/SPRINGWALL
Kari-Pilates 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 SPIN-FUSION
Kari-Barre Studio

9:15 BARRE
Carla-Barre Studio

9:15 CHAIR/SPRING WALL
Megan-Pilates Studio

10:30 REFORMER
Kari-Pilates Studio

10:30 REFORM & RESTORE
Carla-Barre Studio

11:45 REFORMER
Megan-Pilates Studio

4:00 REFORMER
Megan-Pilates Studio

5:45 REFORMER
Kari-Pilates Studio

5:45 TRX SUSPENSION
Nan-Barre Studio

7:00 REFORMER
Kari-Pilates Studio

8:00 REFORMER
Kari- Pilates Studio

9:15 ZUMBA
Nan-Barre Studio

10:30 REFORMER
Kari-Pilates Studio

8:00 REFORMER
Kari-Pilates Studio

9:15 SPIN 45
Kari- Barre Studio

9:15 REFORM & RESTORE
Carla-Barre Studio
*****Every Other Week

10:30 REFORMER
Kari-Pilates Studio

10:30 BARRE/ZUMBA
Carla/Nan-Barre Studio
****Every Other Week

**** Private Intro sessions available upon request. Email Kari, Megan or Carla at:**

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megan@inspirestudiomn.com
carla@inspirestudiomn.com