



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

4:15 CARDIO REFORMER
Megan-Pilates Studio

4:30 BARRE
Carla-Barre Studio

5:45 REFORMER
Carla-Pilates Studio

5:45 MAT PILATES
Chandra-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

9:15 BARRE
Kari-Barre Studio

9:15 REFORMER
Megan-Pilates Studio

10:30 CHAIR/SPRING WALL
Megan-Barre Studio

11:45 REFORMER
Kari-Pilates Studio

4:30 CHAIR/SPRING WALL
Marie-Pilates Studio

***4:45 MAT PILATES**
Kari-Barre Studio

5:45 REFORMER
Marie-Pilates Studio

5:45 SPIN 45
Kari-Barre Studio

7:00 REFORMER
Marie-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 CARDIO REFORMER
Kari-Pilates Studio

10:30 REFORM & RESTORE
Megan-Barre Studio

11:45 REFORMER
Megan-Pilates Studio

4:15 REFORMER
Megan-Pilates Studio

4:30 BARRE
Chandra-Barre Studio

5:45 CHAIR/SPRINGWALL
Chandra-Pilates Studio

5:45 ZUMBA
Nan-Barre Studio

7:00 REFORMER
Chandra-Pilates Studio

7:00 YOGA
Nan-Barre Studio

7:00 REFORMER
Kari-Pilates Studio

***8:00 REFORMER**
Carla-Pilates Studio

8:15 SPIN-FUSION
Kari-Barre Studio

9:15 BARRE
Carla-Barre Studio

9:15 CHAIR/SPRING WALL
Megan-Pilates Studio

10:30 REFORMER
Megan-Pilates Studio

10:30 REFORM & RESTORE
Carla-Barre Studio

11:45 MAT PILATES
Megan-Barre Studio

4:30 CARDIO REFORMER
Marie-Pilates Studio

***4:45 MAT PILATES**
Kari-Barre Studio

5:45 REFORMER
Kari-Pilates Studio

5:45 TRX SUSPENSION
Marie-Barre 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

***10:30 ZUMBA**
Barre Studio

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

kari@inspirestudiomn.com
megan@inspirestudiomn.com
carla@inspirestudiomn.com
marie@inspirestudiomn.com
chandra@inspirestudiomn.com