



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>8:00 CHAIR/SPRING WALL Kari-Pilates Studio</p> <p>9:15 SPIN-FUSION Kari-Barre Studio</p> <p>9:15 REFORMER Megan-Pilates Studio</p> <p>10:30 REFORMER Kari-Pilates Studio</p> <p>10:30 REFORM & RESTORE Megan-Barre Studio</p> <p>11:45 REFORMER Megan-Pilates Studio</p> <p>4:15 CARDIO REFORMER Megan-Pilates Studio</p> <p>4:30 BARRE Abby-Barre Studio</p> <p>5:45 REFORMER Carla-Pilates Studio</p> <p>7:00 REFORMER Carla-Pilates Studio</p>	<p>7:00 TRX SUSPENSION Nan-Barre Studio</p> <p>8:00 REFORMER Kari-Pilates Studio</p> <p>9:15 BARRE Kari-Barre Studio</p> <p>9:15 REFORMER Megan-Pilates Studio</p> <p>10:30 SPIN 45 Megan-Barre Studio</p> <p>11:45 CHAIR/SPRING WALL Megan-Barre Studio</p> <p>11:45 REFORMER Kari-Pilates Studio</p> <p>4:30 CHAIR/SPRING WALL Kari-Pilates Studio</p> <p>5:45 REFORMER Carla-Pilates Studio</p> <p>5:45 SPIN 45 Kari-Barre Studio</p>	<p>8:00 CHAIR/SPRING WALL Kari-Pilates Studio</p> <p>9:15 REFORMER Kari-Pilates Studio</p> <p>9:15 TRX SUSPENSION Megan-Barre Studio</p> <p>10:30 REFORM & RESTORE Megan-Pilates Studio</p> <p>11:45 REFORMER Megan-Pilates Studio</p> <p>4:15 REFORMER Megan-Pilates Studio</p> <p>4:30 BARRE Abby-Barre Studio</p> <p>5:45 CHAIR/SPRINGWALL Kari-Pilates Studio</p> <p>5:45 ZUMBA Nan-Barre Studio</p> <p>7:00 REFORMER Kari-Pilates Studio</p> <p>7:00 YOGA Nan-Barre Studio</p>	<p>7:00 REFORMER Kari-Pilates Studio</p> <p>8:00 SPIN-FUSION Kari-Barre Studio</p> <p>9:15 BARRE Carla-Barre Studio</p> <p>9:15 CHAIR/SPRING WALL Megan-Pilates Studio</p> <p>10:30 REFORMER Megan-Pilates Studio</p> <p>10:30 REFORM & RESTORE Carla-Barre Studio</p> <p>11:45 MAT PILATES Megan-Barre Studio</p> <p>4:30 CARDIO REFORMER Kari-Pilates Studio</p> <p>5:45 REFORMER Kari-Pilates Studio</p> <p>5:45 TRX SUSPENSION Nan-Barre Studio</p>	<p>7:00 REFORMER Kari-Pilates Studio</p> <p>8:00 REFORMER Kari-Pilates Studio</p> <p>9:15 ZUMBA Nan-Barre Studio</p> <p>10:30 REFORMER Kari-Pilates Studio</p>	<p>8:00 REFORMER Kari-Pilates Studio</p> <p>9:15 SPIN 45 Kari-Barre Studio</p> <p>9:15 REFORM & RESTORE Carla-Pilates Studio *****Every Other Week</p> <p>10:30 REFORMER Kari-Pilates Studio</p> <p>10:30 BARRE/ZUMBA Carla/Nan-Barre Studio ****Every Other Week</p> <p>** Private Intro sessions available upon request. Email Kari, Megan or Carla at:</p> <p>kari@inspirestudiomn.com megan@inspirestudiomn.com carla@inspirestudiomn.com</p>
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inspirestudiomn.com
 Registration required for each class.
 Visit vagarog.com/inspirestudiollc for an up to date schedule.