



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:00 CHAIR/SPRINGBOARD
Kari-Pilates Studio

9:15 MAT PILATES
Kari-Barre Studio

9:15 REFORMER
Megan-Pilates Studio

10:30 REFORMER
Kari-Pilates Studio

11:45 REFORMER
Megan-Pilates Studio

5:45 REFORMER
Christine-Pilates Studio

7:00 CARDIO REFORMER
Christine-Pilates Studio

7:00 TRX SUSPENSION
Kari-Barre Studio

8:00 REFORMER
Kari-Pilates Studio

9:15 BARRE
Kari-Barre Studio

9:15 REFORMER
Megan-Pilates Studio

11:45 CHAIR/SPRINGBOARD
Megan-Barre Studio

11:45 REFORMER
Kari-Pilates Studio

4:30 CARDIO REFORMER
Megan-Pilates Studio

5:45 REFORMER
Kari-Pilates Studio

5:45 CIRCUIT TRAINING
Megan-Barre Studio

7:00 REFORMER
Kari-Pilates Studio

7:00 REFORMER
Kari-Pilates Studio

8:00 CHAIR/SPRINGBOARD
Kari-Pilates Studio

9:15 CARDIO REFORMER
Kari-Pilates Studio

9:15 MAT PILATES
Megan-Barre Studio

10:30 REFORMER
Megan-Pilates Studio

5:15 CHAIR/SPRINGBOARD
Kari-Pilates Studio

6:15 REFORMER
Kari-Pilates Studio

7:00 REFORMER
Kari-Pilates Studio

9:15 CHAIR/SPRINGBOARD
Megan-Pilates Studio

9:15 BARRE
Jessica-Barre Studio

10:30 REFORMER
Kari-Pilates Studio

11:45 REFORMER
Megan-Pilates Studio

4:30 REFORMER
Megan-Pilates Studio

5:45 TRX
Megan-Barre Studio

5:45 REFORMER
Kari-Pilates Studio

7:00 REFORMER
Kari-Pilates Studio

8:00 REFORMER
Kari-Pilates Studio

9:15 CORE-BARRE
Kari-Barre Studio

10:30 CARDIO REFORMER
Kari-Pilates Studio

7:00 CHAIR/SPRINGBOARD
Kari-Pilates Studio

8:00 REFORMER
Kari-Pilates Studio

9:15 TRX SUSPENSION
Kari-Barre Studio

9:15 REFORMER
Megan-Pilates Studio

10:15 REFORMER
Kari-Pilates Studio

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

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