



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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|---|---|---|--|---|---|
| <p>8:00 CHAIR/SPRINGBOARD 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>4:30 CARDIO REFORMER Christine-Pilates Studio</p> <p>4:30 BARRE Abby-Barre Studio</p> <p>5:45 REFORMER Christine-Pilates Studio</p> <p>5:45 SPIN 45 Kari- Barre Studio</p> <p>7:00 CARDIO REFORMER Christine-Pilates Studio</p> | <p>7:00 TRX SUSPENSION Kari-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>11:45 CHAIR/SPRINGBOARD Megan-Barre Studio</p> <p>11:45 REFORMER Kari-Pilates Studio</p> <p>4:30 CARDIO REFORMER Megan-Pilates Studio</p> <p>5:45 REFORMER Kari-Pilates Studio</p> <p>5:45 SPIN FUSION Megan-Barre Studio</p> | <p>5:30 AM SPIN-FUSION Kari-Barre Studio</p> <p>7:00 REFORMER Kari-Pilates Studio</p> <p>8:00 CHAIR/SPRINGBOARD Kari-Pilates Studio</p> <p>9:15 CARDIO REFORMER Kari-Pilates Studio</p> <p>9:15 TRX SUSPENSION Megan-Barre Studio</p> <p>10:30 REFORM & RESTORE Megan-Barre Studio</p> <p>11:45 REFORMER Megan-Pilates Studio</p> <p>4:30 REFORMER Kari-Pilates Studio</p> <p>5:45 CHAIR/REFORMER Kari-Pilates Studio</p> <p>5:45 BARRE Abby-Barre Studio</p> <p>7:00 REFORMER Kari-Pilates Studio</p> | <p>7:00 REFORMER Kari-Pilates Studio</p> <p>9:15 BARRE Carla-Barre Studio</p> <p>9:15 CHAIR/SPRINGBOARD Megan-Pilates Studio</p> <p>10:30 REFORMER Kari-Pilates Studio</p> <p>11:45 REFORMER Megan-Pilates Studio</p> <p>4:30 REFORMER Megan-Pilates Studio</p> <p>5:45 REFORMER Kari-Pilates Studio</p> <p>5:45 TRX SUSPENSION Megan-Barre Studio</p> | <p>7:00 REFORMER Kari-Pilates Studio</p> <p>8:00 REFORMER Kari- Pilates Studio</p> <p>9:15 CORE-BARRE Kari-Barre Studio</p> <p>10:30 CARDIO REFORMER Kari-Pilates Studio</p> <p>11:45 ZUMBA Nan-Barre Studio</p> | <p>8:00 REFORMER Kari-Pilates Studio</p> <p>9:15 SPIN 45 Kari- Barre Studio</p> <p>10:30 REFORMER Kari-Pilates Studio</p> <p>10:30 BARRE Instructor Varies-Barre Studio</p> <p>** Private Intro sessions available upon request. Email Kari, Megan or Christine at:</p> <p>kari@inspirestudiomn.com megan@inspirestudiomn.com christine@inspirestudiomn.com</p> |
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inspirestudiomn.com
 Registration required for each class.
 Visit vagarog.com/inspirestudiollc for an up to date schedule.