

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am - 7:50 am KUTT Barre Main Studio Jen	7:00 am - 7:50 am KUTT Weights Main Studio Linda	7:00 am - 7:45 am Spin Main Studio Cris	7:00 am - 7:50 am KUTT Step Main Studio Jen	7:00 am - 7:45 am Spin Spin Studio Cris	8:00 am - 8:50 am KUTT Weights Main Studio Jen	8:00 am - 9:00 am Spin Spin Studio Nicole/Cris
9:15 am - 10:05 am KUTT Step Babysitting Available Main Studio Jen	9:00 am - 10:00 am Spin Babysitting Available Spin Studio Deb	9:15 am - 10:05 am KUTT Weights Babysitting Available Main Studio Jen	9:15 am - 10:05 am KUTT Circuit Babysitting Available Main Studio Jen	9:15 am - 10:05 am KUTT Barre Babysitting Available Main Studio Jen	9:00 am - 9:45 am Spin Spin Studio Cris/Nicole	9:00 am - 9:50 am KUTT Circuit Main Studio Linda
	9:15 am - 10:05 am Beginner Circuit Babysitting Available Main Studio Jen		9:00 am - 10:00 am Beginner Spin Babysitting Available Spin Studio Cris		9:00 am - 9:50 am Dance Fit Main Studio Felicia	
10:15 am - 11:30 am Open Yoga Yoga Studio Gwenn	10:15 am - 11:00 am Zumba Main Studio Maria	10:15 am - 11:30 am Open Yoga Yoga Studio Nancy	10:15 am - 11:30 am Intermediate Yoga Yoga Studio Gwenn	10:15 am - 11:30 am Open Yoga Yoga Studio Nancy	10:00 am - 11:00 am Kickboxing Main Studio Joellen	10:15 am - 11:30 am Open Yoga Yoga Studio Eileen
10:30 am - 11:15 am Silver Sneakers Main Studio Jen		10:30 am - 11:15 am Silver Sneakers Main Studio Jen		10:30 am - 11:15 am Silver Sneakers Main Studio Jen	10:15 am - 11:30 pm Open Yoga Yoga Studio Eileen	
	11:30am - 12pm KUTT Light Main Studio Jen		11:30am - 12pm KUTT Light Main Studio Jen			
5:00 pm - 5:50 pm Zumba Main Studio Maria		5:00 pm - 5:50 pm KUTT TRX Spin Studio Linda				
5:00 pm - 5:45pm Spin Spin Studio Nicole	5:00 pm - 5:50 pm Kutt Circuit Main Studio Jen	6:00 pm - 6:50 pm Spin Spin Studio Alyssa	5:00 pm - 5:50 pm Spin Main Studio Cris			
6:00 pm - 7:00 pm KUTT Weights Spin Studio Linda	6:00 pm - 7:00 pm Open Yoga Yoga Studio Eileen	6:30 pm - 7:30 pm Kickboxing Main Studio Joellen	6:00 pm - 6:50 pm KUTT Barre Main Studio Linda	6:30 pm - 8:00 pm Hot Yoga Yoga Studio Gwenn		



Jen Murphy Fitness
LIVE LIFE FIT

\$10 class
\$60 month unlimited w/o spin
\$80 month unlimited with spin
\$50 month unlimited spin

jenmurphyfitness.com
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