

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am - 7:50 am KUTT Step Main Studio Jen	7:00 am - 7:50 am KUTT Weights Main Studio Linda	7:00 am - 7:45 am Spin Spin Studio Cris	7:00 am - 7:50 am KUTT Barre Main Studio Jen	7:00 am - 7:45 am Spin Spin Studio Deb	8:00 am - 8:50 am KUTT Weights Main Studio Jen	8:00 am - 9:00 am Spin Spin Studio Nicole
9:00 am - 9:50 am KUTT Barre Babysitting Available Main Studio Jen	9:00 am - 9:50 am Spin Babysitting Available Spin Studio Deb	9:00 am - 9:50 am KUTT Weights Babysitting Available Main Studio Jen	9:00 am - 9:50 am KUTT Circuit Babysitting Available Main Studio Jen	9:00 am - 9:50 am KUTT Step Babysitting Available Main Studio Jen	9:00 am - 9:45 am Spin Spin Studio Deb	9:00 am - 9:50 am KUTT Circuit Main Studio Linda
10:15 am - 11:00 pm Silver Sneakers Main Studio Jen	9:00 am - 9:50 am Zumba Babysitting Available Main Studio Maria	10:15 am - 11:00 pm Silver Sneakers Main Studio Jen		10:15 am - 11:00 pm Silver Sneakers Main Studio Jen	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 - 11:30 pm Chair Yoga Main Studio Eileen	10:15 am - 11:30 pm Open Yoga Yoga Studio Nancy	10:15 am - 11:30 pm Yin Yoga Yoga Studio Nancy	10:15 am - 11:30 pm Open Yoga Yoga Studio Nancy	10:15 am - 11:30 pm Open Yoga Yoga Studio Eileen	10:15 am - 11:30 am Open Yoga Yoga Studio Eileen
					10:00 am - 11:00 am Kickboxing Main Studio Begins 9/16	
5:00 pm - 5:50 pm Spin Spin Studio Deb	5:00 pm - 5:50 pm Spin Spin Studio Nicole	5:00 pm - 5:45 pm KUTT TRX Main Studio Linda	5:00 pm - 5:50 pm Spin Spin Studio Cris			
5:00 pm - 5:50 pm Zumba Main Studio Maria	5:00 pm - 5:50 pm Kutt Circuit Main Studio Jen	6:00 pm - 6:50 pm Kickboxing Main Studio Begins 9/20	5:00 pm - 5:50 pm KUTT Barre Main Studio Linda	5:00 pm - 6:00 pm Jazzercise Main Studio Jeanne	 Jen Murphy Fitness <small>LIVE LIFE FIT</small> \$60 Month Unlimited Classes jenmurphyfitness.com 914-850-1317	
6:00 pm - 7:00 pm KUTT Weights Main Studio Linda	6:00 pm - 7:00 pm Open Yoga Yoga Studio Eileen	6:00 pm - 6:50 pm Spin Spin Studio Alyssa	6:00 pm - 7:00 pm Hot Yoga Yoga Studio Gwenn			
7:00 pm - 8:00 pm Jazzercise Main Studio Jeanne		7:00 pm - 8:00 pm Jazzercise Main Studio Jeanne	7:00 pm - 8:00 pm Jazzercise Main Studio Jeanne			