

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am - 7:50 am <b>KUTT Step</b> Main Studio Jen	7:00 am - 7:50 am <b>KUTT Weights</b> Main Studio Linda	7:15 am - 7:45 am <b>Spin Express</b> Spin Studio Jen	7:00 am - 7:50 am <b>KUTT Barre</b> Main Studio Jen	7:00 am - 7:45 am <b>Spin</b> Spin Studio Deb	8:00 am - 8:50 am <b>KUTT Weights</b> Main Studio Jen	
9:00 am - 9:50 am <b>KUTT Barre</b> Babysitting Available Main Studio Jen	9:00 am - 9:50 am <b>Spin</b> Babysitting Available Spin Studio Deb	9:00 am - 9:50 am <b>KUTT Weights</b> Babysitting Available Main Studio Jen	9:00 am - 9:50 am <b>Piloxing</b> Babysitting Available Main Studio Cris	9:00 am - 9:50 am <b>KUTT Step</b> Babysitting Available Main Studio Jen	9:00 am - 9:45 am <b>Spin</b> Spin Studio Deb	9:00 am - 9:50 am <b>KUTT Circuit</b> Main Studio Linda
10:15 am - 11:00 pm <b>Silver Sneakers</b> Main Studio Jen	9:00 am - 9:50 am <b>Zumba</b> Babysitting Available Main Studio Maria	10:15 am - 11:00 pm <b>Silver Sneakers</b> Main Studio Jen		10:15 am - 11:00 pm <b>Silver Sneakers</b> Main Studio Jen	9:00 am - 9:50 am <b>Dance Fit</b> Main Studio Felicia	
10:15 am - 11:30 am <b>Open Yoga</b> Yoga Studio Gwenn	10:15 am - 11:30 pm <b>Chair Yoga</b> Main Studio Eileen	10:15 am - 11:30 pm <b>Open Yoga</b> Yoga Studio Nancy	10:15 am - 11:30 pm <b>Yin Yoga</b> Yoga Studio Nancy	10:15 am - 11:30 pm <b>Open Yoga</b> Yoga Studio Nancy	10:15 am - 11:30 pm <b>Open Yoga</b> Yoga Studio Eileen	10:15 am - 11:30 am <b>Open Yoga</b> Yoga Studio Eileen
		4:30 pm - 5:00 pm <b>Spin</b> Spin Studio Alyssa	5 p.m. - 5:50 p.m. <b>Piloxing</b> Main Studio Jen		10:00 am - 11:00 am <b>Kickboxing</b> Main Studio JoEllen	
5:00 pm - 5:50 pm <b>Spin</b> Spin Studio Nicole		5:00 pm - 5:30 pm <b>Spin</b> Spin Studio Alyssa	5:00 pm - 5:50 pm <b>Spin</b> Spin Studio Cris			
5:00 pm - 5:50 pm <b>Zumba</b> Main Studio Maria	5:00 pm - 5:50 pm <b>Kutt Circuit</b> Main Studio Jen	5:00 pm - 5:50 pm <b>KUTT Barre</b> Main Studio Linda	6:00 pm - 6:50 pm <b>KUTT TRX</b> Main Studio Linda	5:00 pm - 6:00 pm <b>Jazzercise</b> Main Studio Jeanne	 <b>Jen Murphy Fitness</b> <small>LIVE LIFE FIT</small>  <b>\$60 Month</b> <b>Unlimited Classes</b>  <a href="http://jenmurphyfitness.com">jenmurphyfitness.com</a> <b>914-850-1317</b>	
6:00 pm - 7:00 pm <b>KUTT Weights</b> Main Studio Linda	6:00 pm - 7:00 pm <b>Open Yoga</b> Yoga Studio Eileen	6:00 pm - 6:50 pm <b>Kickboxing</b> Main Studio JoEllen	6:00 pm - 7:00 pm <b>Hot Yoga</b> Yoga Studio Gwenn			
7:00 pm - 8:00 pm <b>Jazzercise</b> Main Studio Jeanne		7:00 pm - 8:00 pm <b>Jazzercise</b> Main Studio Jeanne	7:00 pm - 8:00 pm <b>Jazzercise</b> Main Studio Jeanne			