

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
|---|--|---|--|--|--|--|
| 7:00 am - 7:50 am<br><b>KUTT Step</b><br>Main Studio<br>Jen                           | 7:00 am - 7:50 am<br><b>KUTT Weights</b><br>Main Studio<br>Linda                   | 7:15 am - 7:45 am<br><b>Spin Express</b><br>Spin Studio<br>Jen                          | 7:00 am - 7:50 am<br><b>KUTT Barre</b><br>Main Studio<br>Jen                             | 7:00 am - 7:45 am<br><b>Spin</b><br>Spin Studio<br>Deb                               | 8:00 am - 8:50 am<br><b>KUTT Weights</b><br>Main Studio<br>Jen     | 8:00 am - 8:50 am<br><b>Spin</b><br>Spin Studio<br>Nicole        |
| 9:00 am - 9:50 am<br><b>KUTT Barre</b><br>Babysitting Available<br>Main Studio<br>Jen | 9:00 am - 9:50 am<br><b>Spin</b><br>Babysitting Available<br>Spin Studio<br>Deb    | 9:00 am - 9:50 am<br><b>KUTT Weights</b><br>Babysitting Available<br>Main Studio<br>Jen | 9:00 am - 9:50 am<br><b>Piloxing</b><br>Babysitting Available<br>Main Studio<br>Cris     | 9:00 am - 9:50 am<br><b>KUTT Step</b><br>Babysitting Available<br>Main Studio<br>Jen | 9:00 am - 9:45 am<br><b>Spin</b><br>Spin Studio<br>Deb             | 9:00 am - 9:50 am<br><b>KUTT Circuit</b><br>Main Studio<br>Linda |
| 10:15 am - 11:00 pm<br><b>Silver Sneakers</b><br>Main Studio<br>Jen                   | 9:00 am - 9:50 am<br><b>Zumba</b><br>Babysitting Available<br>Main Studio<br>Maria | 10:15 am - 11:00 pm<br><b>Silver Sneakers</b><br>Main Studio<br>Jen                     | 9:15 am - 9:45 am<br><b>Beginner Spin</b><br>Babysitting Available<br>Spin Studio<br>Jen | 10:15 am - 11:00 pm<br><b>Silver Sneakers</b><br>Main Studio<br>Jen                  | 9:00 am - 9:50 am<br><b>Dance Fit</b><br>Main Studio<br>Felicia    |  |
| 10:15 am - 11:30 am<br><b>Open Yoga</b><br>Yoga Studio<br>Gwenn                       | 10:15 am - 11:30 pm<br><b>Chair Yoga</b><br>Main Studio<br>Eileen                  | 10:15 am - 11:30 pm<br><b>Open Yoga</b><br>Yoga Studio<br>Nancy                         | 10:15 am - 11:30 pm<br><b>Yin Yoga</b><br>Yoga Studio<br>Nancy                           | 10:15 am - 11:30 pm<br><b>Open Yoga</b><br>Yoga Studio<br>Nancy                      | 10:15 am - 11:30 pm<br><b>Open Yoga</b><br>Yoga Studio<br>Eileen   | 10:15 am - 11:30 am<br><b>Open Yoga</b><br>Yoga Studio<br>Eileen |
| 4:30 pm - 5:00 pm<br><b>Beginner Spin</b><br>Spin Studio<br>Nicole                    | 4:30 pm - 4:55 pm<br><b>Fab Abs</b><br>Main Studio<br>Jen                          | 4:30 pm - 5:00 pm<br><b>Spin</b><br>Spin Studio<br>Alyssa                               | 4:30 pm - 5:00 pm<br><b>TRX</b><br>Main Studio<br>Linda                                  |  | 10:00 am - 11:00 am<br><b>Kickboxing</b><br>Main Studio<br>JoEllen |  |
| 5:10 pm - 5:55 pm<br><b>Spin</b><br>Spin Studio<br>Nicole                             | 5 p.m. - 5:50 p.m.<br><b>Piloxing</b><br>Main Studio<br>Jen                        | 5:00 pm - 5:30 pm<br><b>Spin</b><br>Spin Studio<br>Alyssa                               | 5:00 pm - 5:50 pm<br><b>Kutt Circuit</b><br>Main Studio<br>Linda                         |  |  |  |
| 5:00 pm - 5:50 pm<br><b>Zumba</b><br>Main Studio<br>Maria                             |  | 5:00 pm - 5:50 pm<br><b>KUTT Barre</b><br>Main Studio<br>Linda                          | 5:00 pm - 5:50 pm<br><b>Spin</b><br>Spin Studio<br>Cris                                  |  |  |  |
| 6:00 pm - 7:00 pm<br><b>KUTT Weights</b><br>Main Studio<br>Linda                      | 6:00 pm - 7:00 pm<br><b>Open Yoga</b><br>Yoga Studio<br>Eileen                     | 6:00 pm - 6:50 pm<br><b>Kickboxing</b><br>Main Studio<br>JoEllen                        | 6:00 pm - 7:00 pm<br><b>Hot Yoga</b><br>Yoga Studio<br>Gwenn                             |  |  |  |
| 7:00 pm - 8:00 pm<br><b>Jazzercise</b><br>Main Studio<br>Jeanne                       |  | 7:00 pm - 8:00 pm<br><b>Jazzercise</b><br>Main Studio<br>Jeanne                         | 7:00 pm - 8:00 pm<br><b>Jazzercise</b><br>Main Studio<br>Jeanne                          |  |  |  |



**\$60 Month  
Unlimited Classes**

*jenmurphyfitness.com*  
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