

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Classes in BLUE are - In Studio only</p> <p>Classes in BLACK are - In Studio + Live Stream</p> <p>Classes in RED are a different format</p> <p>Please register for classes in advance: www.241fitness.com - or - the Mindbody app.</p> <p>Text or call #774-836-2212 if class links are not received 30 minutes prior to class.</p>					1 8:30A Fit over 50	2 8:30A Zumba 9:30A Gentle Yoga 10:45A Aerial Yoga
3 8:30A 20/20	4 CLOSED	5 8:30A 20/20/20 4:30P Step 5:30P 20/20	6 8:30A H.I.I.T 4:30P Hatha 2 Yin Yoga 5:30P DanzeFit	7 8:30A Group RIP 4:30P TRX 5:30P Cardio SCULPT	8 8:30A Fit over 50	9 8:30A Zumba 9:30A Gentle Yoga 10:45A Aerial Yoga
10 8:30A 20/20	11 8:30A Barre 4:30P Full Body Fusion 5:30P Zumba	12 8:30A 20/20/20 4:30P Step 5:30P 20/20	13 8:30A H.I.I.T 4:30P Hatha 2 Yin Yoga 5:30P DanzeFit	14 8:30A Group RIP 4:30P TRX 5:30P Cardio SCULPT	15 8:30A Fit over 50	16 8:30A Zumba 9:30A Gentle Yoga 10:45A Aerial Yoga
17 8:30A 20/20	18 8:30A Cardio SCULPT 4:30P Full Body Fusion 5:30P Zumba	19 8:30A 20/20/20 4:30P Step 5:30P 20/20	20 8:30A H.I.I.T 4:30P Hatha 2 Yin Yoga 5:30P DanzeFit	21 8:30A Group RIP 4:30P TRX 5:30P Cardio SCULPT	22 8:30A Fit over 50	23 8:30A Zumba 9:30A Gentle Yoga 10:45A Aerial Yoga
24 8:30A 20/20	25 8:30A Barre 4:30P Full Body Fusion 5:30P Zumba	26 8:30A 20/20/20 4:30P Step 5:30P 20/20	27 8:30A H.I.I.T 4:30P Hatha 2 Yin Yoga 5:30P DanzeFit	28 8:30A Group RIP 4:30P TRX 5:30P Cardio SCULPT	29 8:30A Fit over 50	30 8:30A Zumba 9:30A Gentle Yoga 10:45A Aerial Yoga
31 8:30A Cardio SCULPT						