

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