

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