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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| Classes in **BLACK** are - In Studio + Live Stream Classes in **BLUE** are - In Studio onlyClasses in **RED** are Live Stream only Please register for ALL classes at: www.241fitness.com or through the Mindbody APP | 18:30A Fit over 50    5:00P Barre | 28:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 38:30A 20/20 | 48:30A 20/20/20      4:30P Full Body Fusion 5:30P Body Sculpt | 58:30A ZUMBA      4:30P Cardio Step 5:30P Gentle Yoga | 68:30A Full Body Fusion      4:30P TRX5:30P DanzeFit | 78:30A Group RIP    5:00P Interval Training | 88:30A Fit over 50    5:00P Barre | 98:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 108:30A 20/20 + Pound | 118:30A 20/20/20      4:30P Full Body Fusion 5:30P Body Sculpt | 128:30A ZUMBA      4:30P Cardio Step 5:30P Gentle Yoga | 138:30A Full Body Fusion      4:30P TRX5:30P DanzeFit | 148:30A Group RIP    5:00P Interval Training | 158:30A Fit over 50    5:00P Barre | 168:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 178:30A 20/20 | 188:30A 20/20/20      4:30P Full Body Fusion 5:30P Body Sculpt | 198:30A ZUMBA      4:30P Cardio Step 5:30P Gentle Yoga | 208:30A Full Body Fusion      4:30P TRX5:30P DanzeFit | 218:30A Group RIP    5:00P Interval Training | 228:30A Fit over 50    5:00P Barre | 238:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 248:30A 20/20 + Pound | 258:30A 20/20/20      4:30P Full Body Fusion 5:30P Body Sculpt | 268:30A ZUMBA      4:30P Cardio Step 5:30P Gentle Yoga | 278:30A Full Body Fusion      4:30P TRX5:30P DanzeFit | 288:30A Group RIP    5:00P Interval Training | 298:30A Fit over 50    5:00P Barre | 308:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 31 **CLOSED** |  |