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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 classes in advance: www.241fitness.com - or - the Mindbody app. Text or call #774-836-2212 if class links are not received 30 minutes prior to class. | 18:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 28:30A 20/20 | 38:30A 20/20/20    4:30P Full Body Fusion 5:30P Cardio Sculpt | 48:30A ZUMBA    4:30P Cardio Step 5:30P Gentle Yoga | 58:30A Full Body Fusion   4:30P TRX5:30P DanzeFit | 68:30A Group RIP     4:30P H.I.I.T.5:30P 20/20/20 | 78:30A Fit over 50    4:30P Barre | 88:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 9 **CLOSED** | 108:30A 20/20/20     4:30P Full Body Fusion 5:30P ZUMBA  | 118:30A ZUMBA    4:30P Cardio Step 5:30P Gentle Yoga | 128:30A Full Body Fusion   4:30P TRX5:30P DanzeFit | 138:30A Group RIP     4:30P H.I.I.T.5:30P 20/20/20 | 148:30A Fit over 50    4:30P Barre | 158:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 168:30A 20/20 | 178:30A 20/20/20     4:30P Full Body Fusion 5:30P Cardio Sculpt  | 188:30A ZUMBA     4:30P Cardio Step 5:30P Gentle Yoga | 198:30A Full Body Fusion   4:30P TRX5:30P DanzeFit | 208:30A Group RIP     4:30P H.I.I.T.5:30P 20/20/20 | 218:30A Fit over 50    4:30P Barre | 228:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 238:30A 20/20 | 248:30A 20/20/20    4:30P Full Body Fusion 5:30P ZUMBA  | 258:30A ZUMBA     4:30P Cardio Step 5:30P Gentle Yoga | 268:30A Full Body Fusion   4:30P TRX5:30P DanzeFit | 278:30A Group RIP     4:30P H.I.I.T.5:30P 20/20/20 | 288:30A Fit over 50    4:30P Barre | 298:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 308:30A 20/20 |   |