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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  | 1  8:30A 20/20/20            4:30P Full Body Fusion  5:30P Body Sculpt | 2  8:30A ZUMBA            4:30P Cardio Step  5:30P Gentle Yoga | 3  8:30A Full Body Fusion            4:30P TRX  5:30P DanzeFit | 4  8:30A Group RIP        5:00P Interval Training | 5  8:30A Fit over 50          5:00P Barre | 6  8:30A ZUMBA  9:30A Gentle Yoga  10:45A Aerial Yoga |
| 7  8:30A 20/20 | 8  8:30A 20/20/20            4:30P Full Body Fusion  5:30P Body Sculpt | 9  8:30A ZUMBA            4:30P Cardio Step  5:30P Gentle Yoga | 10  8:30A Full Body Fusion            4:30P TRX  5:30P DanzeFit | 11  8:30A Group RIP        5:00P Interval Training | 12  8:30A Fit over 50          5:00P Barre | 13  8:30A ZUMBA  9:30A Gentle Yoga  10:45A Aerial Yoga |
| 14  8:30A 20/20 + Pound | 15  8:30A 20/20/20            4:30P Full Body Fusion  5:30P Body Sculpt | 16  8:30A ZUMBA            4:30P Cardio Step  5:30P Gentle Yoga | 17  8:30A Full Body Fusion            4:30P TRX  5:30P ZUMBA | 18  8:30A Group RIP        5:00P Interval Training | 19  8:30A Fit over 50          5:00P Barre | 20  8:30A ZUMBA  9:30A Gentle Yoga  10:45A Aerial Yoga |
| 21  8:30A 20/20 | 22  8:30A 20/20/20            4:30P Full Body Fusion  5:30P Body Sculpt | 23  8:30A ZUMBA            4:30P Cardio Step  5:30P Gentle Yoga | 24  8:30A Full Body Fusion            4:30P TRX  5:30P ZUMBA | 25  8:30A Group RIP        5:00P Interval Training | 26  8:30A Fit over 50          5:00P Barre | 27  8:30A ZUMBA  9:30A Gentle Yoga  10:45A Aerial Yoga |
| 28  8:30A 20/20 + Pound | 29  8:30A 20/20/20            4:30P Full Body Fusion  5:30P Body Sculpt | 30  8:30A ZUMBA            4:30P Cardio Step  5:30P Gentle Yoga | Classes in **BLACK** are - In Studio + Live Stream  Classes in **BLUE** are - In Studio only  Classes in **RED** are Live Stream only    Please register for ALL classes at: www.241fitness.com or through the Mindbody APP | | | |