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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 only  Classes in **RED** are - Live Stream only  **BOLD -** indicates class time/format change    Please register for classes in advance:  www.241fitness.com - or - the Mindbody app. | | | new years animated clip art 10 free Cliparts | Download images on ...1 **CLOSED** | 2  **8:00A 20/20**        4:30P Vinyasas Flow  5:30P 20/20/20 | 3    8:30A Fit over 50 | 4    8:30A ZUMBA  9:30A Gentle Yoga |
| 5    8:30A 20/20  9:15A AB-solute Core | 6    8:30A 20/20/20      4:30P Full Body Fusion  5:30P Dance Fitness | 7  8:00A Body Sculpt  9:00A ZUMBA      4:30P Fit over 50  5:30P Gentle Yoga | 8    8:30A Full Body Fusion      4:30P TRX 4:30P Barre  5:30P Cardio Step | 9  8:00A Group RIP  9:00A Pilates HR      4:30P Vinyasas Flow  5:30P 20/20/20 | 10    8:30A Fit over 50 | 11    8:30A ZUMBA  9:30A Gentle Yoga  10:45A Aerial Yoga |
| 12    8:30A 20/20  9:15A AB-solute Core | 13    8:30A 20/20/20      4:30P Full Body Fusion  5:30P Dance Fitness | 14  8:00A Body Sculpt  9:00A ZUMBA      4:30P Fit over 50  5:30P Gentle Yoga | 15    8:30A Full Body Fusion      4:30P TRX 4:30P Barre  5:30P Cardio Step | 16  8:00A Group RIP  9:00A Pilates HR      4:30P Vinyasas Flow  5:30P 20/20/20 | 17    8:30A Fit over 50 | 18    8:30A ZUMBA  9:30A Gentle Yoga  10:45A Aerial Yoga |
| 19    8:30A 20/20  9:15A AB-solute Core | 20    8:30A 20/20/20      4:30P Full Body Fusion  5:30P Dance Fitness | 21  8:00A Body Sculpt  9:00A ZUMBA      4:30P Fit over 50  5:30P Gentle Yoga | 22    8:30A Full Body Fusion      4:30P TRX 4:30P Barre  5:30P Cardio Step | 23  8:00A Group RIP  9:00A Pilates HR      4:30P Vinyasas Flow  5:30P 20/20/20 | 24    8:30A Fit over 50 | 25    8:30A ZUMBA  9:30A Gentle Yoga  10:45A Aerial Yoga |
| 26    8:30A 20/20  9:15A AB-solute Core | 27    8:30A 20/20/20      4:30P Full Body Fusion  5:30P Dance Fitness | 28  8:00A Body Sculpt  9:00A ZUMBA      4:30P Fit over 50  5:30P Gentle Yoga | 29    8:30A Full Body Fusion      4:30P TRX 4:30P Barre  5:30P Cardio Step | 30  8:00A Group RIP  9:00A Pilates HR      4:30P Vinyasas Flow  5:30P 20/20/20 | 31    8:30A Fit over 50 |  |