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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**BOLD -** indicates class time/format changePlease 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 Flow5:30P 20/20/20 | 3 8:30A Fit over 50    | 4 8:30A ZUMBA 9:30A Gentle Yoga  |
| 5 8:30A 20/209:15A AB-solute Core  | 6 8:30A 20/20/20    4:30P Full Body Fusion 5:30P Dance Fitness | 78:00A Body Sculpt9:00A ZUMBA   4:30P Fit over 50 5:30P Gentle Yoga | 8 8:30A Full Body Fusion  4:30P TRX 4:30P Barre5:30P Cardio Step | 98:00A Group RIP 9:00A Pilates HR    4:30P Vinyasas Flow5:30P 20/20/20 | 10 8:30A Fit over 50      | 11 8:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 12 8:30A 20/209:15A AB-solute Core  | 13 8:30A 20/20/20    4:30P Full Body Fusion 5:30P Dance Fitness | 148:00A Body Sculpt9:00A ZUMBA    4:30P Fit over 50 5:30P Gentle Yoga | 15 8:30A Full Body Fusion  4:30P TRX 4:30P Barre5:30P Cardio Step | 168:00A Group RIP 9:00A Pilates HR    4:30P Vinyasas Flow5:30P 20/20/20 | 17 8:30A Fit over 50  | 18 8:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 19 8:30A 20/209:15A AB-solute Core  | 20 8:30A 20/20/20    4:30P Full Body Fusion 5:30P Dance Fitness | 218:00A Body Sculpt9:00A ZUMBA    4:30P Fit over 50 5:30P Gentle Yoga | 22 8:30A Full Body Fusion  4:30P TRX 4:30P Barre5:30P Cardio Step | 238:00A Group RIP 9:00A Pilates HR    4:30P Vinyasas Flow5:30P 20/20/20 | 24 8:30A Fit over 50 | 25 8:30A ZUMBA 9:30A Gentle Yoga10:45A Aerial Yoga |
| 26 8:30A 20/209:15A AB-solute Core  | 27 8:30A 20/20/20    4:30P Full Body Fusion 5:30P Dance Fitness | 288:00A Body Sculpt9:00A ZUMBA    4:30P Fit over 50 5:30P Gentle Yoga | 29 8:30A Full Body Fusion  4:30P TRX 4:30P Barre5:30P Cardio Step | 308:00A Group RIP 9:00A Pilates HR    4:30P Vinyasas Flow5:30P 20/20/20 | 31 8:30A Fit over 50  |   |