

Class Schedule

A class for every **AGE. BODY. GOAL. INTEREST. FITNESS LEVEL.**



24/7 Fitness Club
Our Community
Our Club

November 2024

MON	TUE	WED	THU	FRI	SAT
				1	2 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
4 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	5 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	6 6:30 p.m. - Pound 7:30 p.m. - Yoga	7 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	8	9
11 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	12 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	13 6:30 p.m. - Pound 7:30 p.m. - Yoga	14 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	15	16 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
18 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	19 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	20 6:30 p.m. - Pound 7:30 p.m. - Yoga	21 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	22	23 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
25 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	26 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	27 6:30 p.m. - Pound 7:30 p.m. - Yoga	28	29	30

VIEW CLASS DESCRIPTIONS, MEET THE INSTRUCTORS AND MUCH MORE AT: 24sevenfitnessclub.com