

Class Schedule

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



24/7 Fitness Club
Our Community
Our Club

October 2024

MON	TUE	WED	THU	FRI	SAT
	1 11:00 a.m. - Silver Sneakers	2	3 11:00 a.m. - Silver Sneakers	4 7:30 p.m - Pound	5 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
7 6:30 p.m. - Yoga 7:30 p.m. - Pound	8 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	9 6:30 p.m. - Pound 7:30 p.m. - Yoga	10 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	11	12 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
14 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	15 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	16 6:30 p.m. - Pound 7:30 p.m. - Yoga	17 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	18	19 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
21 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	22 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	23 6:30 p.m. - Pound 7:30 p.m. - Yoga	24 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	25	26 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
28 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	29 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	30 6:30 p.m. - Pound 7:30 p.m. - Yoga	31 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre		

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