

Class Schedule

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



24/7 Fitness Club
Our Community
Our Club

December 2024

| MON | TUE | WED | THU | FRI | SAT |
|------------------------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------------------------------|-----------|------------------------------------------------------------|
| 2 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound | 3 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin | 4 6:30 p.m. - Pound 7:30 p.m. - Yoga | 5 11:00 a.m. - Silver Sneakers 6:30 p.m. - Bootcamp 7:30 p.m. - Barre | 6 | 7 |
| 9 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound | 10 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin | 11 6:30 p.m. - Pound 7:30 p.m. - Yoga | 12 11:00 a.m. - Silver Sneakers 6:30 p.m. - Bootcamp 7:30 p.m. - Barre | 13 | 14 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt |
| 16 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound | 17 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin | 18 6:30 p.m. - Pound 7:30 p.m. - Yoga | 19 11:00 a.m. - Silver Sneakers 6:30 p.m. - Bootcamp 7:30 p.m. - Barre | 20 | 21 |
| 23 6:30 p.m. - Yoga | 24 | 25 | 26 | 27 | 28 |
| 30 | 31 | | | | |

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