

# Class Schedule

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



**24/7 Fitness Club**  
Our Community  
Our Club

**March 2025**

MON	TUE	WED	THU	FRI	SAT
					<b>1</b> 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
<b>3</b> 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	<b>4</b> 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin	<b>5</b> 6:30 p.m. - Pound 7:30 p.m. - Yoga	<b>6</b> 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	<b>7</b>	<b>8</b>
<b>19</b> 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	<b>11</b> 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin	<b>12</b> 6:30 p.m. - Pound 7:30 p.m. - Yoga	<b>13</b> 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	<b>14</b> <b>Fitness Day</b> <b>4 p.m-7 p.m.</b>	
<b>17</b> 7:30 p.m. - Pound	<b>18</b> 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin	<b>19</b> 6:30 p.m. - Pound 7:30 p.m. - Yoga	<b>20</b> 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	<b>21</b> <b>Boxing workshop</b> <b>6:30 p.m.</b>	<b>22</b> 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
<b>24/31</b> 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	<b>25</b> 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin	<b>26</b> 6:30 p.m. - Pound 7:30 p.m. - Yoga	<b>27</b> 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	<b>28</b>	<b>29</b> 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt

VIEW CLASS DESCRIPTIONS, MEET THE INSTRUCTORS AND MUCH MORE AT: [24sevenfitnessclub.com](https://24sevenfitnessclub.com)