

Class Schedule

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



24/7 Fitness Club
Our Community
Our Club

May 2025

MON	TUE	WED	THU	FRI	SAT
			1 11:00 a.m. - Silver Sneakers Cardio	2	3
5 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	6 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	7 6:30 p.m. - Pound 7:30 p.m. - Yoga	8 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	9	10
12 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	13 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Boxing Workshop	14 6:30 p.m. - Pound 7:30 p.m. - Yoga	15 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	16 7:00 p.m. - Soul Fusion	17
19 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	20 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	21 6:30 p.m. - Pound 7:30 p.m. - Yoga	22 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	23	24
26 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga	27 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Boxing Workshop	28 6:30 p.m. - Pound 7:30 p.m. - Yoga	29 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	30	31

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