

Class Schedule

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



24/7 Fitness Club
Our Community
Our Club

July 2025

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

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