

# Class Schedule

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



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

**March 2026**

MON	TUE	WED	THU	FRI	SAT
<b>2</b> 11:00 a.m. - Silver Sneakers  6:30 p.m. - Yoga 7:30 p.m. - Pound	<b>3</b> 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	<b>4</b> 6:30 p.m. - Punch It Out Boxing 7:30 p.m. - Yoga	<b>5</b> 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	<b>6</b>	<b>7</b>
<b>9</b> 11:00 a.m. - Silver Sneakers  6:30 p.m. - Yoga 7:30 p.m. - Pound	<b>10</b> 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	<b>11</b> 6:30 p.m. - Punch It Out Boxing 7:30 p.m. - Yoga	<b>12</b> 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	<b>13</b>	<b>14</b>
<b>16</b> 11:00 a.m. - Silver Sneakers  6:30 p.m. - Yoga 7:30 p.m. - Pound	<b>17</b> 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	<b>18</b> 6:30 p.m. - Punch It Out Boxing 7:30 p.m. - Yoga	<b>19</b> 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	<b>20</b>	<b>21</b>
<b>23</b> 11:00 a.m. - Silver Sneakers  6:30 p.m. - Yoga 7:30 p.m. - Pound	<b>24</b> 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	<b>25</b> 6:30 p.m. - Punch It Out Boxing 7:30 p.m. - Yoga	<b>26</b> 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	<b>27</b>	<b>28</b>
<b>30</b> 11:00 a.m. - Silver Sneakers	<b>31</b> 11:00 a.m. - Silver Sneakers Yoga				

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