

Class Schedule

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



24/7 Fitness Club
Our Community
Our Club

April 2026

MON	TUE	WED	THU	FRI	SAT
		1 6:30 p.m. -Punch It Out Boxing 7:30 p.m. - Yoga	2 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	3	4
6 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	7 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. -Spin 7:30 p.m. - Body Sculpt	8 6:30 p.m. -Punch It Out Boxing 7:30 p.m. - Yoga	9 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	10	11
13 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	14 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. -Spin 7:30 p.m. - Body Sculpt	15 6:30 p.m. -Punch It Out Boxing 7:30 p.m. - Yoga	16 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	17	18
20 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	21 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. -Spin 7:30 p.m. - Body Sculpt	22 6:30 p.m. -Punch It Out Boxing 7:30 p.m. - Yoga	23 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	24	25
27 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	28 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. -Spin 7:30 p.m. - Body Sculpt	29 6:30 p.m. -Punch It Out Boxing 7:30 p.m. - Yoga	30 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion		

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