

Class Schedule

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



24/7 Fitness Club
Our Community
Our Club

May 2026

MON	TUE	WED	THU	FRI	SAT
				1	2
4 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	5 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	6 7:30 p.m. - Yoga	7 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	8	9
11 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	12 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	13 7:30 p.m. - Yoga	14 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	15	16
18 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	19 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Punch It Out Boxing	20 7:30 p.m. - Yoga	21 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	22	23
25/31 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	26 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	27 7:30 p.m. - Yoga	28 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	29	30

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