

Class Schedule

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



24/7 Fitness Club
Our Community
Our Club

August 2026

MON	TUE	WED	THU	FRI	SAT
					1
3 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	4 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. Spin 7:30 p.m. -Body Sculpt	5 6:30 p.m. - Punch It Out Boxing 7:30 p.m. - Yoga	6 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	7	8
10 6:30 p.m. - Yoga 7:30 p.m. - Pound	11 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. Spin 7:30 p.m. -Body Sculpt	12 6:30 p.m. - Punch It Out Boxing 7:30 p.m. - Yoga	13 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	14	15
17 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	18 11:00 - Silver Sneakers Yoga 6:30 p.m. Spin 7:30 p.m. -Body Sculpt	19 5:30 - Back To School Reset Event 7:30 - Yoga	20 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	21	22
24/31 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	25 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. Spin 7:30 p.m. -Body Sculpt	26 6:30 p.m. - Punch It Out Boxing 7:30 p.m. - Yoga	27 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	28	29

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