Class Schedule

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

24/7 Fitness Club
Our Community
Our Club

November 2026

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

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