



Virtual Group Training Schedule

Sessions and Descriptions

All virtual group training sessions are free right now and accessible through the 24GO® app. Preview our schedule here, then open the 24GO® app to join a session using the secure Zoom links provided.

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Need Zoom? [GET THE APP](#)



Sweat24™: Think HIIT: Get your body moving, your heart rate up and clear your mind



Power24™: Body weight or equipment based training focusing on strength and power



Core24™: A great core workout with focus on a few extra muscle groups each time



Burn24™: Glutes galore, movement to tone all the muscles of your lower body



Flow24™: Quiet your mind as you regenerate, recover and reset your energy



Active Aging: Designed to meet the needs of older adults to help you stay fit for life

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 6:00 ^{am} | | | | | | | |
| 6:30 ^{am} | Sweat24 | Power24 | Sweat24 | Power24 | Sweat24 | | |
| 7:00 ^{am} | | | | | | | |
| 7:30 ^{am} | | | | | | | |
| 8:00 ^{am} | Power24 | Active Aging | Power24 | Active Aging | Power24 | Active Aging | Active Aging |
| 8:30 ^{am} | | | | | | | |
| 9:00 ^{am} | | | | | | | |
| 9:30 ^{am} | Core24 | Sweat24 | Core24 | Sweat24 | Core24 | Sweat24 | Core24 |
| 10:00 ^{am} | | | | | | | |
| 10:30 ^{am} | Burn24 | Flow24 | Burn24 | Flow24 | Burn24 | Flow24 | Burn24 |
| 11:00 ^{am} | | | | | | | |
| 11:30 ^{am} | | | | | | | |
| 12:00 ^{pm} | Active Aging | Power24 | Active Aging | Power24 | Active Aging | Power24 | |
| 12:30 ^{pm} | | | | | | | |
| 1:00 ^{pm} | | | | | | | |
| 1:30 ^{pm} | Flow24 | Sweat24 | Flow24 | Sweat24 | Flow24 | | |
| 2:00 ^{pm} | | | | | | | |
| 2:30 ^{pm} | | | | | | | |
| 3:00 ^{pm} | Power24 | Burn24 | Power24 | Burn24 | Power24 | | |
| 3:30 ^{pm} | | | | | | | |
| 4:00 ^{pm} | | | | | | | |
| 4:30 ^{pm} | Sweat24 | Core24 | Sweat24 | Core24 | Sweat24 | | |
| 5:00 ^{pm} | | | | | | | |
| 5:30 ^{pm} | Burn24 | Power24 | Burn24 | Power24 | | | |
| 6:00 ^{pm} | | | | | | | |
| 6:30 ^{pm} | | | | | | | |
| 7:00 ^{pm} | | | | | | | |
| 7:30 ^{pm} | Burn24 | Sweat24 | Burn24 | Sweat24 | | | |
| 8:00 ^{pm} | | | | | | | |

ALL CLASS TIMES ARE IN PACIFIC STANDARD TIME