

LIVE



Broadcast Schedule

September 14th - September 20th

Time (Pacific)	14 MON	15 TUE	16 WED	17 THU	18 FRI	19 SAT	20 SUN
7:00 AM	GX Hour: Part 1	SilverSneakers® Strength	Yoga52	SilverSneakers® Strength	Yoga52	SilverSneakers® Classic	SilverSneakers® Cardio
	GX Hour: Part 2	SilverSneakers® Yoga		SilverSneakers® Yoga			SilverSneakers® Stretch
8:00 AM	SilverSneakers® Cardio	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1
	SilverSneakers® Stretch	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2
9:00 AM	LIVE Full Body Training with Pete Mo (Replay)	LIVE Full Body Training with Rachel	LIVE Full Body Training with Pete Mo (Replay)	LIVE Full Body Training with Rachel	LIVE Full Body Training with Pete Mo (Replay)	LIVE Full Body Training Encore	LIVE Full Body Training Encore
10:00 AM	Zumba®	Zumba®	Zumba®	Zumba®	Zumba®	Zumba®	Zumba®
11:00 AM	Yoga52	SilverSneakers® Strength	Yoga52	SilverSneakers® Strength	Yoga52	Yoga52	Yoga52
		SilverSneakers® Cardio		SilverSneakers® Cardio			
12:00 PM	GX Hour: Part 1	GX Hour: Part 1	GX Hour	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1
	GX Hour: Part 2	GX Hour: Part 2		GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2
1:00 PM	BODYCOMBAT with LES MILLS®	LES MILLS® Cardio	BODYCOMBAT by LES MILLS®	LES MILLS® Dance	BODYCOMBAT by LES MILLS®	LES MILLS® Cardio	LES MILLS® Cardio
		Spartan		Spartan		Spartan	Spartan
2:00 PM	Your Trainer: Full Body	Your Trainer: Lower Body	Your Trainer: Full Body	Your Trainer: Upper Body	Your Trainer: Full Body	Your Trainer: Recovery	Your Trainer: Recovery
		Your Trainer: Cardio & Core		Your Trainer: Cardio & Core			
3:00 PM	SilverSneakers® Strength	Yoga52	SilverSneakers® Strength	Yoga52	SilverSneakers® Classic	SilverSneakers® Cardio	SilverSneakers® Cardio
	SilverSneakers® Yoga		SilverSneakers® Yoga			SilverSneakers® Stretch	SilverSneakers® Stretch
4:00 PM	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1	GX Hour: Part 1
	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2	GX Hour: Part 2
5:00 PM	LIVE Full Body Training with Pete Mo (Replay)	LIVE Full Body Training with Rachel (Replay)	LIVE Full Body Training with Pete Mo (Replay)	LIVE Full Body Training with Rachel (Replay)	LIVE Full Body Training with Pete Mo (Replay)	LIVE Full Body Training Encore	LIVE Full Body Training Encore
6:00 PM	Zumba®	Zumba®	Zumba®	Zumba®	Zumba®	Zumba®	Zumba®

All Workouts can be done with Bodyweight Only

24GO Live Broadcasts 24 Hours Per Day. Visit the 24GO LIVE Screen in the 24GO APP for Full Schedule and Workout Details.

LIVE



LIVE Full Body Training	45 Minute Live Full Body Training with our most popular coaches. Suitable for all levels. No Equipment Required	LIVE Full Body Training Encore	45 Minute Live Full Body Training with our most popular coaches from the week. Suitable for all levels. No Equipment Required.
Zumba®	20 to 55 Minute Zumba® dance-fitness cardio workouts with certified Zumba instructors. Suitable for all levels. No Equipment Required.	GX Hour	15 to 25 Minute High Energy Workouts with our most popular Group Exercise Instructors. Suitable for all levels. No Equipment Required
Yoga52	40 to 55 Minute calming and restorative yoga sessions from the team at Yoga52. No Equipment Required.	SilverSneakers®	10 to 55 Minute workouts from SilverSneakers to avoid injuries and improve functional strength. No Equipment Required.
COMBAT LES MILLS®	30 to 45 Minute high-energy martial arts-inspired workouts that are totally non-contact. Suitable for intermediate levels. No Equipment Required.	LES MILLS® Cardio & Dance	15 to 30 Minute cardio workouts from Les Mills will get your fat burning systems into gear. Suitable for all levels. No Equipment Required.
Spartan	10 to 25 Minute primal Spartan Training Sessions from the team at Spartan. Suitable for advanced levels. No Equipment Required.	Your Trainer	25 or 45 Minute functional training sessions from the Coaches at Your Trainer. Suitable for intermediate levels. Dumbbells Optional.

Top 4 Things to Optimize Your 24GO LIVE Experience

Watch on The Big Screen	To watch this on the big screen open up YouTube Channel on Your Smart TV or Computer and search for "24 Hour Fitness"	Chat	Open the 24GO app and select "24GO LIVE". Then tap the emoticons or ask our coach a question in real time.
Schedule	Open the 24GO app to schedule any 24GO Live workout so you can plan out your week, get reminders, and never miss a session!	Music	Cue up your favorite music from any streaming music service to play during most 24GO Live Workouts