

FITNESS SCHEDULE

WEEK OF MAY 21ST, 2026 – MAY 27TH, 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



BARRE CLASS

SCULPT & CONDITION

5/25/26 - 8AM



DANCE

HIGH-ENERGY
CARDIO

5/26/26 - 8AM



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

5/27/26 - 8AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

5/21/26 - 8AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

5/22/26 - 8AM



CORE

BREATHING, BRACING
& ABDOMINAL TONING

5/23/26 - 8AM



CORE

BREATHING, BRACING
& ABDOMINAL TONING

5/24/26 - 8AM



STRETCH & FLOW

MOVE SLOW,
RESTORE FULLY

5/25/26 - 9:15AM



DANCE

HIGH-ENERGY
CARDIO

5/26/26 - 9:15AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

5/27/26 - 9:15AM



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

5/21/26 - 9:15AM



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

5/22/26 - 9:15AM



DANCE

HIGH-ENERGY
CARDIO

5/23/26 - 9:15AM



WERK

RESISTANCE &
WEIGHT SCULPTING

5/24/26 - 9:15AM



FITNESS CENTER

FONTAINEBLEAU LAS VEGAS