

FITNESS SCHEDULE

WEEK OF THURSDAY JUNE 4TH, 2026 – WEDNESDAY JUNE 10TH, 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



BARRE CLASS

SCULPT & CONDITIONING

6/8/26 8:00am



DANCE

HIGH-ENERGY
CARDIO

6/9/26 8:00am



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

6/10/26 8:00am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/4/26 8:00am



DANCE

HIGH-ENERGY
CARDIO

6/5/26 8:00am



CORE

BREATHING, BRACING
& ABDOMINAL TONING

6/6/26 8:00am



CORE

BREATHING, BRACING
& ABDOMINAL TONING

6/7/26 8:00am



**RESTORATIVE
STRETCH & FLOW**

MOVE SLOW,
RESTORE FULLY

6/8/26 9:15am



DANCE

HIGH-ENERGY
CARDIO

6/9/26 9:15am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/10/26 9:15am



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

6/4/26 9:15am



DANCE

HIGH-ENERGY
CARDIO

6/5/26 9:15am



DANCE

HIGH-ENERGY
CARDIO

6/6/26 9:15am



WERK

RESISTANCE &
WEIGHT SCULPTING

6/7/26 9:15am



FITNESS CENTER

FONTAINEBLEAU LAS VEGAS