

# FITNESS SCHEDULE

WEEK OF THURSDAY JUNE 11TH, 2026 – WEDNESDAY JUNE 17TH, 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**BARRE CLASS**

SCULPT & CONDITIONING

6/15/26 8:00am



**DANCE**

HIGH-ENERGY  
CARDIO

6/16/26 8:00am



**YIN YOGA**

DEEP STRETCH  
TOTAL RECOVERY

6/17/26 8:00am



**MAT PILATES**

INCREASE FLEXIBILITY,  
STRENGTHEN, & TONE

6/11/26 8:00am



**YIN YOGA**

DEEP STRETCH  
TOTAL RECOVERY

6/12/26 8:00am



**CORE**

BREATHING, BRACING  
& ABDOMINAL TONING

6/13/26 8:00am



**CORE**

BREATHING, BRACING  
& ABDOMINAL TONING

6/14/26 8:00am



**RESTORATIVE  
STRETCH & FLOW**

MOVE SLOW,  
RESTORE FULLY

6/15/26 9:15am



**DANCE**

HIGH-ENERGY  
CARDIO

6/16/26 9:15am



**MAT PILATES**

INCREASE FLEXIBILITY,  
STRENGTHEN, & TONE

6/17/26 9:15am



**YIN YOGA**

DEEP STRETCH  
TOTAL RECOVERY

6/11/26 9:15am



**MAT PILATES**

INCREASE FLEXIBILITY,  
STRENGTHEN, & TONE

6/12/26 9:15am



**DANCE**

HIGH-ENERGY  
CARDIO

6/13/26 9:15am



**WERK**

RESISTANCE &  
WEIGHT SCULPTING

6/14/26 9:15am



**FITNESS CENTER**

FONTAINEBLEAU LAS VEGAS