

FITNESS SCHEDULE

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

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



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

6/5/26 8:00am



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

6/6/26 8:00am



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

6/7/26 8:00am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

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



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/5/26 9:15am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/6/26 9:15am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/7/26 9:15am



FITNESS CENTER

FONTAINEBLEAU LAS VEGAS