

FITNESS SCHEDULE

WEEK OF THURSDAY JUNE 18TH, 2026 – WEDNESDAY JUNE 24TH, 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



BARRE CLASS

SCULPT & CONDITIONING

6/22/26 8:00am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/23/26 6:00am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/24/26 6:00am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/18/26 6:00am



EMPOWER

STRENGTH &
BODYWEIGHT TRAINING

6/19/26 6:00am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/20/26 6:00am



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

6/21/26 6:00am



**RESTORATIVE
STRETCH & FLOW**

MOVE SLOW,
RESTORE FULLY

6/22/26 9:15am



DANCE

HIGH-ENERGY
CARDIO

6/23/26 8:00am



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

6/24/26 8:00am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/18/26 8:00am



DANCE

HIGH-ENERGY
CARDIO

6/19/26 8:00am



CORE

BREATHING, BRACING
& ABDOMINAL TONING

6/20/26 8:00am



CORE

BREATHING, BRACING
& ABDOMINAL TONING

6/21/26 8:00am



DANCE

HIGH-ENERGY
CARDIO

6/23/26 10:30am



DANCE

HIGH-ENERGY
CARDIO

6/23/26 9:15am



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6/24/26 9:15am



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

6/18/26 9:15am



DANCE

HIGH-ENERGY
CARDIO

6/19/26 9:15am



DANCE

HIGH-ENERGY
CARDIO

6/20/26 9:15am



WERK

RESISTANCE &
WEIGHT SCULPTING

6/21/26 9:15am



FITNESS CENTER

FONTAINEBLEAU LAS VEGAS