


















FITNESS SCHEDULE

WEEK OF THURSDAY JUNE 25TH, 2026 – WEDNESDAY JULY 1ST, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>JUSTIN B.</p>  <p>BARRE CLASS SCULPT & CONDITIONING</p> <p>6/29/26 8:00am</p>	<p>FRANCIS</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>6/30/26 6:00am</p>	<p>FRANCIS</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>7/1/26 6:00am</p>	<p>FRANCIS</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>6/25/26 6:00am</p>	<p>ERICA</p>  <p>EMPOWER STRENGTH & BODYWEIGHT TRAINING</p> <p>6/26/26 6:00am</p>	<p>ERICA</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>6/27/26 6:00am</p>	<p>ERICA</p>  <p>YIN YOGA DEEP STRETCH TOTAL RECOVERY</p> <p>6/28/26 6:00am</p>
<p>JUSTIN B.</p>  <p>RESTORATIVE STRETCH & FLOW MOVE SLOW, RESTORE FULLY</p> <p>6/29/26 9:15am</p>	<p>ALEXUS</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>6/30/26 8:00am</p>	<p>FRANCIS</p>  <p>YIN YOGA DEEP STRETCH TOTAL RECOVERY</p> <p>7/1/26 8:00am</p>	<p>ERICA</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>6/25/26 8:00am</p>	<p>NICO</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>6/26/26 8:00am</p>	<p>JUSTIN B.</p>  <p>CORE BREATHING, BRACING & ABDOMINAL TONING</p> <p>6/27/26 8:00am</p>	<p>JUSTIN B.</p>  <p>CORE BREATHING, BRACING & ABDOMINAL TONING</p> <p>6/28/26 8:00am</p>
	<p>NICO</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>6/30/26 9:15am</p>	<p>FRANCIS</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>7/1/26 9:15am</p>	<p>ERICA</p>  <p>YIN YOGA DEEP STRETCH TOTAL RECOVERY</p> <p>6/25/26 9:15am</p>	<p>NICO</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>6/26/26 9:15am</p>	<p>JUSTIN B.</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>6/27/26 9:15am</p>	<p>JUSTIN B.</p>  <p>WERK RESISTANCE & WEIGHT SCULPTING</p> <p>6/28/26 9:15am</p>



FITNESS CENTER

FONTAINEBLEAU LAS VEGAS