

# FITNESS SCHEDULE

WEEK OF THURSDAY JULY 2ND, 2026 – WEDNESDAY JULY 8TH, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p><b>FRANCIS</b></p>  <p><b>MAT PILATES</b> INCREASE FLEXIBILITY, STRENGTHEN, &amp; TONE</p> <p>7/7/26 6:00am</p>	<p><b>FRANCIS</b></p>  <p><b>MAT PILATES</b> INCREASE FLEXIBILITY, STRENGTHEN, &amp; TONE</p> <p>7/8/26 6:00am</p>	<p><b>FRANCIS</b></p>  <p><b>MAT PILATES</b> INCREASE FLEXIBILITY, STRENGTHEN, &amp; TONE</p> <p>7/2/26 6:00am</p>	<p><b>ERICA</b></p>  <p><b>EMPOWER</b> STRENGTH &amp; BODYWEIGHT TRAINING</p> <p>7/3/26 6:00am</p>	<p><b>ERICA</b></p>  <p><b>MAT PILATES</b> INCREASE FLEXIBILITY, STRENGTHEN, &amp; TONE</p> <p>7/4/26 6:00am</p>	<p><b>ERICA</b></p>  <p><b>YIN YOGA</b> DEEP STRETCH TOTAL RECOVERY</p> <p>7/5/26 6:00am</p>
<p><b>JUSTIN B.</b></p>  <p><b>BARRE CLASS</b> SCULPT &amp; CONDITIONING</p> <p>7/6/26 8:00am</p>	<p><b>ALEXUS</b></p>  <p><b>DANCE</b> HIGH-ENERGY CARDIO</p> <p>7/7/26 8:00am</p>	<p><b>FRANCIS</b></p>  <p><b>YIN YOGA</b> DEEP STRETCH TOTAL RECOVERY</p> <p>7/8/26 8:00am</p>	<p><b>ERICA</b></p>  <p><b>MAT PILATES</b> INCREASE FLEXIBILITY, STRENGTHEN, &amp; TONE</p> <p>7/2/26 8:00am</p>	<p><b>NICO</b></p>  <p><b>DANCE</b> HIGH-ENERGY CARDIO</p> <p>7/3/26 8:00am</p>	<p><b>JUSTIN B.</b></p>  <p><b>CORE</b> BREATHING, BRACING &amp; ABDOMINAL TONING</p> <p>7/4/26 8:00am</p>	<p><b>JUSTIN B.</b></p>  <p><b>CORE</b> BREATHING, BRACING &amp; ABDOMINAL TONING</p> <p>7/5/26 8:00am</p>
<p><b>JUSTIN B.</b></p>  <p><b>RESTORATIVE STRETCH &amp; FLOW</b> MOVE SLOW, RESTORE FULLY</p> <p>7/6/26 9:15am</p>	<p><b>NICO</b></p>  <p><b>DANCE</b> HIGH-ENERGY CARDIO</p> <p>7/7/26 9:15am</p>	<p><b>FRANCIS</b></p>  <p><b>MAT PILATES</b> INCREASE FLEXIBILITY, STRENGTHEN, &amp; TONE</p> <p>7/8/26 9:15am</p>	<p><b>ERICA</b></p>  <p><b>YIN YOGA</b> DEEP STRETCH TOTAL RECOVERY</p> <p>7/2/26 9:15am</p>	<p><b>NICO</b></p>  <p><b>DANCE</b> HIGH-ENERGY CARDIO</p> <p>7/3/26 9:15am</p>	<p><b>JUSTIN B.</b></p>  <p><b>DANCE</b> HIGH-ENERGY CARDIO</p> <p>7/4/26 9:15am</p>	<p><b>JUSTIN B.</b></p>  <p><b>WERK</b> RESISTANCE &amp; WEIGHT SCULPTING</p> <p>7/5/26 9:15am</p>



**FITNESS CENTER**

FONTAINEBLEAU LAS VEGAS