

FITNESS SCHEDULE

WEEK OF THURSDAY JULY 9TH, 2026 – WEDNESDAY JULY 15TH, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>FRANCIS</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>7/14/26 6:00am</p>	<p>FRANCIS</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>7/15/26 6:00am</p>	<p>FRANCIS</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>7/9/26 6:00am</p>	<p>ERICA</p>  <p>EMPOWER STRENGTH & BODYWEIGHT TRAINING</p> <p>7/10/26 6:00am</p>	<p>ERICA</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>7/11/26 6:00am</p>	<p>ERICA</p>  <p>YIN YOGA DEEP STRETCH TOTAL RECOVERY</p> <p>7/12/26 6:00am</p>
<p>JUSTIN B.</p>  <p>BARRE CLASS SCULPT & CONDITIONING</p> <p>7/13/26 8:00am</p>	<p>ALEXUS</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>7/14/26 8:00am</p>	<p>FRANCIS</p>  <p>YIN YOGA DEEP STRETCH TOTAL RECOVERY</p> <p>7/15/26 8:00am</p>	<p>ERICA</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>7/9/26 8:00am</p>	<p>NICO</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>7/10/26 8:00am</p>	<p>JUSTIN B.</p>  <p>CORE BREATHING, BRACING & ABDOMINAL TONING</p> <p>7/11/26 8:00am</p>	<p>JUSTIN B.</p>  <p>CORE BREATHING, BRACING & ABDOMINAL TONING</p> <p>7/12/26 8:00am</p>
<p>JUSTIN B.</p>  <p>RESTORATIVE STRETCH & FLOW MOVE SLOW, RESTORE FULLY</p> <p>7/13/26 9:15am</p>	<p>NICO</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>7/14/26 9:15am</p>	<p>FRANCIS</p>  <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>7/15/26 9:15am</p>	<p>ERICA</p>  <p>YIN YOGA DEEP STRETCH TOTAL RECOVERY</p> <p>7/9/26 9:15am</p>	<p>NICO</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>7/10/26 9:15am</p>	<p>JUSTIN B.</p>  <p>DANCE HIGH-ENERGY CARDIO</p> <p>7/11/26 9:15am</p>	<p>JUSTIN B.</p>  <p>WERK RESISTANCE & WEIGHT SCULPTING</p> <p>7/12/26 9:15am</p>



FITNESS CENTER

FONTAINEBLEAU LAS VEGAS