

FITNESS SCHEDULE

WEEK OF THURSDAY JULY 16TH, 2026 – WEDNESDAY JULY 22ND, 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FRANCIS



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/21/26 6:00am

FRANCIS



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/22/26 6:00am

FRANCIS



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/16/26 6:00am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/17/26 6:00am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/18/26 6:00am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/19/26 6:00am

JUSTIN B.



**BARRE
CLASS**

SCULPT & CONDITIONING

7/20/26 8:00am

ALEXUS



DANCE

HIGH-ENERGY
CARDIO

7/21/26 8:00am

FRANCIS



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

7/22/26 8:00am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/16/26 8:00am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/17/26 8:00am

JUSTIN B.



CORE

BREATHING, BRACING
& ABDOMINAL TONING

7/18/26 8:00am

JUSTIN B.



CORE

BREATHING, BRACING
& ABDOMINAL TONING

7/19/26 8:00am

JUSTIN B.



**RESTORATIVE
STRETCH & FLOW**
MOVE SLOW,
RESTORE FULLY

7/20/26 9:15am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/21/26 9:15am

FRANCIS



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/22/26 9:15am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/16/26 9:15am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/17/26 9:15am

JUSTIN B.



DANCE

HIGH-ENERGY
CARDIO

7/18/26 9:15am

JUSTIN B.



WERK

RESISTANCE &
WEIGHT SCULPTING

7/19/26 9:15am



FITNESS CENTER

FONTAINEBLEAU LAS VEGAS