

FITNESS SCHEDULE

WEEK OF THURSDAY JULY 23RD, 2026 – WEDNESDAY JULY 29TH, 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FRANCIS



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/28/26 6:00am

FRANCIS



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/29/26 6:00am

FRANCIS



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/23/26 6:00am

ERICA



EMPOWER

STRENGTH &
BODYWEIGHT TRAINING

7/24/26 6:00am

ERICA



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/25/26 6:00am

ERICA



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

7/26/26 6:00am

JUSTIN B.



**BARRE
CLASS**

SCULPT & CONDITIONING

7/27/26 8:00am

ALEXUS



DANCE

HIGH-ENERGY
CARDIO

7/28/26 8:00am

FRANCIS



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

7/29/26 8:00am

ERICA



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/23/26 8:00am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/24/26 8:00am

JUSTIN B.



CORE

BREATHING, BRACING
& ABDOMINAL TONING

7/25/26 8:00am

JUSTIN B.



CORE

BREATHING, BRACING
& ABDOMINAL TONING

7/26/26 8:00am

JUSTIN B.



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

7/27/26 9:15am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/28/26 9:15am

FRANCIS



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

7/29/26 9:15am

ERICA



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

7/23/26 9:15am

NICO



DANCE

HIGH-ENERGY
CARDIO

7/24/26 9:15am

JUSTIN B.



DANCE

HIGH-ENERGY
CARDIO

7/25/26 9:15am

JUSTIN B.



WERK

RESISTANCE &
WEIGHT SCULPTING

7/26/26 9:15am



FITNESS CENTER

FONTAINEBLEAU LAS VEGAS