

# WELLNESS CLASS SCHEDULE

Classes and times are subject to change without notice.

702-414-3600

CANYONRANCH  
*SpaClub*®

The Venetian® and The Palazzo® Las Vegas

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:15 am		Vinyasa Flow Yoga 50 min	Indoor Cycling					6:15 am
7 am	Vinyasa Flow Yoga 50 min	Indoor Cycling	X-Treme Boot Camp	Vinyasa Flow Yoga 90 min		HIIT IT! - 30 min Totally ABS 20 min		7 am
8 am	Indoor Cycling	Muscle Max	Energize Your Soles® Roll 'n' Release	Indoor Cycling	Vinyasa Flow Yoga 90 min	Long & Lean Barre Workout	Indoor Cycling	8 am
9 am	Long & Lean Barre Workout	Cardio Combat	Pilates Mat	Energize Your Soles® Roll 'n' Release	Indoor Cycling	Indoor Cycling	Vinyasa Flow Yoga 50 min	9 am
10 am	HIIT IT! - 30 min Totally ABS 20 min	Long & Lean Barre Workout	Fit Strip	Pilates Mat	Deck of Cards	Fit Strip	Muscle Max	10 am
11 am	Pilates Mat	Restorative Yoga	Vinyasa Flow Yoga 90 min	Restorative Yoga	Long & Lean Barre Workout	Vinyasa Flow Yoga 90 min	Cardio Combat	11 am
5 pm		Vinyasa Flow Yoga 50 min	X-Treme Boot Camp	Deck of Cards				5 pm