

FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



MAT YOGA

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8 AM



DANCE

HIGH-ENERGY
CARDIO

8 AM



RESET

IMMERSIVE
SENSORY EXPERIENCE
FOR THE BODY

8 AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8 AM



WERK

RESISTANCE &
WEIGHT SCULPTING

8 AM



WERK

RESISTANCE &
WEIGHT SCULPTING

8 AM



WERK

RESISTANCE &
WEIGHT SCULPTING

8 AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

9:15 AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

9:15 AM



RESTORATIVE STRETCH & FLOW

9:15 AM



HIIT

HIGH-INTENSITY
INTERVAL TRAINING

11 AM

FITNESS CENTER

FONTAINEBLEAU
LAS VEGAS