

FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**RESTORATIVE
STRETCH
& FLOW**

8 AM



DANCE
HIGH-ENERGY
CARDIO

8 AM



RESET
IMMERSIVE
SENSORY EXPERIENCE
FOR THE BODY

8 AM

*LATE ENTRY NOT PERMITTED



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8 AM



WERK

RESISTANCE &
WEIGHT SCULPTING

8 AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8 AM



WERK

RESISTANCE &
WEIGHT SCULPTING

8 AM



DANCE
HIGH-ENERGY
CARDIO

9:15 AM



**RESTORATIVE
STRETCH
& FLOW**

9:15 AM



**RESTORATIVE
STRETCH
& FLOW**

9:15 AM



HIIT

HIGH-INTENSITY
INTERVAL TRAINING

11 AM

FITNESS CENTER

FONTAINEBLEAU
LAS VEGAS