

FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



EMPOWER

STRENGTH &
BODYWEIGHT TRAINING

8 AM



WERK

RESISTANCE &
WEIGHT SCULPTING

8 AM



RESET

IMMERSIVE
SENSORY EXPERIENCE
FOR THE BODY

8 AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8 AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8 AM



VINYASA FLOW

FLOWING MOVEMENTS
WITH GUIDED POSES

8 AM



VINYASA FLOW

FLOWING MOVEMENTS
WITH GUIDED POSES

8 AM



DANCE

HIGH-ENERGY
CARDIO

9 AM



DANCE

HIGH-ENERGY
CARDIO

9 AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

9 AM

FITNESS CENTER

FONTAINEBLEAU
LAS VEGAS