

# 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



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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



## HIIT

HIGH-INTENSITY INTERVAL TRAINING

11 AM



## HIIT

HIGH-INTENSITY INTERVAL TRAINING

11 AM

FITNESS CENTER

FONTAINEBLEAU  
LAS VEGAS