

FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



RESTORATIVE
STRETCH
& FLOW

8 AM



DANCE
HIGH-ENERGY
CARDIO

8 AM



RESTORATIVE
STRETCH
& FLOW

8 AM

*LATE ENTRY NOT PERMITTED



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8 AM



WERK

RESISTANCE &
WEIGHT SCULPTING

8 AM



CORE

BREATHING, BRACING
& ABDOMINAL TONING

8 AM



WERK

RESISTANCE &
WEIGHT SCULPTING

8 AM



MAT YOGA

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

9:15 AM



DANCE

HIGH-ENERGY
CARDIO

9:15 AM



DANCE

HIGH-ENERGY
CARDIO

9:15 AM



RESTORATIVE
STRETCH
& FLOW

9:15 AM

FITNESS CENTER

FONTAINEBLEAU
LAS VEGAS